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recipe index.

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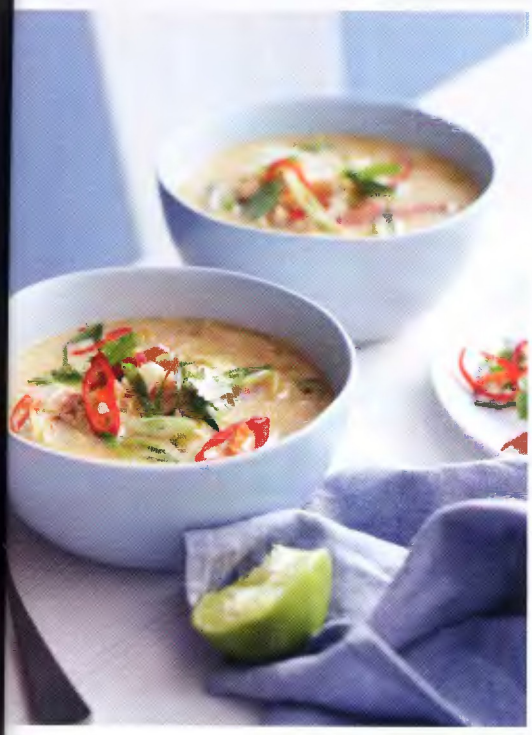

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delicious. menus

Mix and match recipes from this issue and you have three creative menus – a meal with a French accent, a shortcut-roast dinner and a gluten-free menu to share with friends.

a touch of french

French onion soup

•

Spinach, brie & mushroom freeform pie

•

Quince clafoutis with prune & Armagnac ice cream

84

108

95

easy roast

Roast pumpkin salad with chilli & balsamic

•

White wine & herb roast chicken

•

Apple & pear pikelets

90

108

60

gluten-free dinner party

Caramelised scallops with beetroot, walnuts and witlof

•

Osso buco

•

Baked nutmeg custard

101

118

84

produce awards 2010

pick of the crop

Mark McNamara, head chef at Appellation restaurant in The Barossa and state judge for the Produce Awards, shares his passion for Ballycroft Artisan Cheese in this gorgeous pie.

pie of ballycroft cheese, smoked salmon & potato

Serves 6

3 desiree potatoes (about 450g total)
1 tbs olive oil
2 small onions, sliced
1 tbs finely chopped dill
1 tbs finely chopped flat-leaf parsley
2 spring onions, sliced
2 x 375g blocks puff pastry (I used Careme*)
200g smoked salmon slices
200g Ballycroft Fresh Fust*, thinly sliced, or farm-style cottage cheese
1 egg, beaten

Place the potatoes in a saucepan and cover with water. Bring to the boil and cook for 10-12 minutes until just cooked. Peel while still warm. Cool, then cut into 5mm slices.

Meanwhile, heat the olive oil in a large frypan over medium heat. Add the onion and cook, stirring, for 8 minutes or until soft and lightly golden. Remove from the heat, stir in the dill, parsley and spring onions, then season with sea salt and freshly ground black pepper. Cool.

Preheat the oven to 180°C and line a baking tray with baking paper.

Roll out the pastry 2-3mm thick. Cut one 20cm circle and one 30cm circle. Place the smaller pastry circle on the lined tray. Arrange half the potatoes on the pastry, leaving a 2cm border. Top with half each of the onion, smoked salmon and cheese. Repeat process, then use your hands to shape the filling into a dome. Brush the edge with beaten egg and cover with the larger pastry circle.

Crimp the pastry edges together with a fork, brush the pastry with beaten egg and cut a couple of small slits in the top to allow steam to escape.

Bake for about 20 minutes or until the pie is golden. Allow to cool, then cut into wedges and serve.

* Available from selected delis and gourmet food shops.

ballycroft artisan cheese, south australia

A finalist in last year's From The Dairy category, Ballycroft Artisan Cheese is a boutique producer from The Barossa, where sisters Tracey Skeppers and Sue Evans, create classic farmhouse cheeses. "Tracey produces the finest, most natural cheeses that she can, cheeses that celebrate the seasonality of milk from a single herd and express the sense of the place in which she lives," says Mark McNamara, of acclaimed Barossa restaurant Appellation. "The Fresh Fust is a pressed curd that, with a little patience, gains a beautiful soft creaminess and mild acidity. There's simply nothing else like it."
Visit: ballycroft.com.

The Weekend Australian
THE HEART OF THE NATION
Dilmah

FOOD PHOTOGRAPHY: IAN WALLACE. STYLING: LOUISE PICKFORD
PLATE FROM MUD AUSTRALIA. STOCKIST DETAILS FINAL PAGES

all together now

Don't leave vegetarians out in the cold. Instead, try Jamie's meat-free feast that will satisfy all comers.

There are many people out there who seem to think that without a load of tricks, a vegetarian dish isn't up to scratch. I'm here to prove them wrong!

When I worked at The River Cafe in London, people used to come in and ask for vegetarian food all the time. The River Cafe isn't a vegetarian restaurant, but we did have loads of vegetable dishes on our menu. As a starter, we'd offer delicious vegetable antipasti, just like they do at Fifteen restaurant now. A lot of customers would throw up their hands in horror – what were we doing serving them a plate of plain old veg? People thought that no effort had gone into that plate – but they couldn't be more wrong. Sourced from top producers and harvested at the exact right time of year, those vegetables were the best quality. They were beautifully yet simply prepared to let the flavours speak for themselves. Why would you do anything more to them?

When I was in Italy a few years back, trying to capture the essence of Italian cooking, I was often fed vegie food – in many parts of Italy, meat is too expensive to be eaten every day. Italians choose quality over quantity when it comes to meat and, as a consequence, often eat vegetarian food several days a week. The dishes they've come up with are so intense in flavour that they are loved by everyone. I didn't miss the meat one bit! Now, that's what I would like you to experience this month.

If you're cooking for vegetarian friends, there's no need to imitate a roast with a nut roast, a sausage with a soy version or a burger with a bean burger. I never quite understood why anyone would do that, when there are so many traditional dishes that are supposed to be made without meat or fish, just because they are at their best that way.

All the recipes here are fantastic in their own right, vegetarian or not. The warm winter salad has so many flavours going for it, and the eggplant lasagne is just fantastic – as soon as I tasted it, I had to have a go at making my own version. And, as for the maple syrup puddings, who can say no to one of those? So, even if you're the biggest meat lover on the planet, I encourage you to cook these dishes just to remind yourself how great vegetarian food can be. Enjoy!

warm winter salad of radicchio, wild rocket and feta

Serves 6

3 radicchio lettuces, outer leaves removed
3 slices good-quality bread
3 garlic cloves, thinly sliced
A large handful of pine nuts
A large handful of raisins
Extra virgin olive oil
200ml balsamic vinegar
75g wild rocket
200g feta cheese

Cut radicchio into quarters. Grill in a dry, very hot chargrill pan for 3-4 minutes until nicely charred on all sides. Remove to a large bowl. Chargrill the slices of bread.

Eggplant lasagne. Below left: Warm winter salad of radicchio with wild rocket and feta

To make the dressing, fry garlic, pine nuts and raisins in a little oil over medium heat. When the garlic starts to colour, take the pan off the heat and pour in the balsamic. Most of the liquid will evaporate when it hits the pan, so you end up with a sticky dressing. Leave to cool a little.

Roughly tear up the radicchio and bread, then place back in the bowl and toss with dressing. Divide radicchio and bread among the plates. Top with rocket, any pine nuts and raisins that are left in the bowl and crumble over the feta.

eggplant lasagne

Serves 6

3 eggplants
3 garlic cloves, sliced
A few sprigs of fresh thyme, leaves picked
1 dried red chilli, crumbled or 1 tsp dried chilli flakes
1/3 cup (80ml) extra virgin olive oil
2 x 400g cans organic whole tomatoes
A small knob of unsalted butter
A splash of balsamic vinegar
A bunch of basil, leaves picked, stalks chopped
200g cheddar cheese, grated
3 large handfuls freshly grated parmesan
6-8 fresh lasagne sheets*

"There are so many dishes that are supposed to be made without meat, because they're at their best that way"

Preheat the oven to 200°C.

Steam the whole eggplants over a pan of simmering water for 30 minutes or until tender, then scoop out and roughly chop the flesh. Slowly fry the eggplant, garlic, thyme and chilli in extra virgin oil in a pan over medium-low heat for 10 minutes.

Add the tomatoes, chopping up roughly with a wooden spoon, then add the butter, balsamic vinegar and most of the basil leaves. Bring to the boil and simmer for 10 minutes or until the sauce has reduced. Spread a layer of eggplant sauce in a 2-litre shallow baking dish. Sprinkle over some cheddar and a handful of parmesan, then top with a layer of lasagne. Repeat once or twice until your dish is full. Finish with a final sprinkling of parmesan and basil leaves and a drizzle of extra virgin oil.

Place in the oven for 25-30 minutes until bubbling and golden, then serve.

* Available from supermarkets.

maple syrup & pecan steamed puddings

Serves 6

These little puds are delicious and perfect for this time of year. They're cooked in individual teacups – you can turn them out or eat them straight from the cup. Feel free to use different nuts, if you prefer.

100g pecan nuts
175g plain flour, sifted
50g dark brown sugar
75g vegetable suet*
1 tsp bicarbonate of soda
1 large free-range or organic egg
1 vanilla bean, split, seeds scraped
150ml full-cream milk
2/3 cup (165ml) maple syrup, plus extra warmed syrup to serve
Cream or custard, to serve

Preheat the oven to 190°C. Grease six small heatproof teacups (or 1/2 cup moulds) well with butter.

Place the pecans in a plastic bag, tie the bag closed and bash the nuts with a rolling pin. You want to end up with a mixture of chunky and fine bits of pecan. Dust the insides of cups with the bashed up nuts, tipping excess into a large bowl.

Empty the leftover nuts from the bags into the bowl, too, then add flour, sugar, suet, soda, egg, vanilla seeds, milk and 1/3 cup (80ml) syrup. Mix well. Pour some of the remaining syrup into the bottom of each teacup and pour some of the mixture on top – you want your cups to be about three-quarters full.

Place cups in a large, deep roasting tray. Fill tray with boiling water, making sure the water comes halfway up the side of the cups. Carefully place the tray in the oven and bake for 25 minutes until cakes are golden and cooked through.

Stand for a couple of minutes before turning them out. Serve with custard or cream and a drizzle of warm maple syrup.

* We used Tandaco vegetable suet, available from supermarkets. **d.**

Visit: jamieoliver.com.

Maple syrup & pecan steamed puddings

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bread winner

When it comes to creative ideas for leftover bread, says Tobie, Italians really use their loaf.

The Italians really do have a knack for using stale bread – you've got rich, hearty Tuscan soups such as pappa al pomodoro and ribollita, and those crispy pangrattato breadcrumbs, otherwise known as 'poor man's parmesan'. And then you've got this cake, which hails from Alba in Italy's north and uses day-old bread soaked in milk.

You can treat this like a regular chocolate cake and take it in any direction. Just be sure to choose a good-quality, natural ciabatta or sourdough loaf for a wonderfully moist, smooth-textured cake. Here I've gone for that classic choc-orange combination, but it also works a treat with a handful of frozen raspberries folded into the mixture. I've also been known to spike the sauce with Campari or Grand Marnier. Doing that definitely lifts it out of the morning tea category and into the realm of desserts, but then, any time is a good time for cake!

Tobie Puttock is the owner of Fifteen, Melbourne.

chocolate bread cake with orange sauce

Serves 10

1L (4 cups) milk
1 loaf day-old ciabatta (about 300g), crusts removed, cut into 2cm cubes
100g unsalted butter, softened
1/2 cup (35g) coarse breadcrumbs
5 eggs, separated
250g caster sugar
200g good-quality dark chocolate, melted
120g plain flour
2 oranges
265g jar orange marmalade
100ml thickened cream

Bring milk to just below boiling point, then pour over bread in a large bowl. Stand for 1 hour until fully absorbed.

Preheat oven to 180°C. Grease a 22cm springform cake pan. Dust base and sides with 2-3 tbs crumbs, shaking out excess.

Beat yolks and sugar in an electric mixer until thick and pale. Gradually add butter, beating constantly. Beat in bread mixture, chocolate and flour to combine (there will still be lumps of bread).

Beat eggwhites separately with a pinch of salt to soft peaks. Carefully fold into batter. Pour into pan and scatter with remaining crumbs. Bake for 40 minutes, then reduce oven to 150°C and bake for 50 minutes or until an inserted skewer in comes out clean. Cool in pan on a rack.

Meanwhile, pare rind from 1 orange, cut into strips and blanch in boiling water for 1 minute. Repeat 3 times with fresh water, to remove bitterness. Set aside. Finely grate zest of remaining orange and squeeze juice, then place both in a pan over medium heat with marmalade and cream. Simmer for 15 minutes or until rich and thick. Stir in blanched rind.

Serve the cake drizzled with sauce. **d.**

INTERVIEW: SARAH LEWIS FOOD PHOTOGRAPHY: IAN WALLACE STYLING: LOUISE PICKFORD

ben's rustic roast

Take the guesswork out of the perfect roast pork with Ben's easy pot-roast that's light on effort but big on flavour.

RECIPES **BEN O'DONOGHUE** PHOTOGRAPHY **STEVE BROWN**

This recipe is a twist on a fantastic dish I tried in Italy while on a wine tour. It's called *cacciatore*, which literally means 'hunter-style', and the original version used wild boar (or *cinghiale*), a beautiful, rich meat that is ideal for slow-braising.

Wild boar isn't that easy to come by in Australia, so for this recipe I've used a lovely pork loin instead. The key is to buy a cut of meat that has a nice layer of fat so that it maintains the moisture in the meat as it renders down. If you're lucky enough to get your hands on a shoulder or loin from a rare-breed pig, then this dish will be even better as the quality and flavour can't be beaten.

The cold winter months just scream out for this kind dish. You've got the intense, earthy richness of the dried porcini mushrooms, sage, rosemary and garlic, along with the red wine and tomato. All of this then reduces down into an unctuous sauce that is a perfect partner for cheesy polenta.

Pot-roasts are a breeze to prepare – all you need to do is brown off the meat, then bung everything into the casserole. Plus, it's just as easily cooked in the oven as it is on the stovetop. In fact, I even cooked this dish in an electric frypan when I was staying on Stradbroke Island last Christmas, and it received raved reviews.

MERCHANDISING: KRISTINE DURAN-THIESSEN OVAL CASSEROLE FROM CHASSEUR; CHECKED TEA TOWEL AND PYREX MEASURING JUG FROM THE ESSENTIAL INGREDIENT; BARCELONA CUTLERY FROM BODUM. **STOCKIST DETAIL LAST PAGES**

pot-roasted pork with red wine, sage and rosemary

Serves 6

15g dried porcini mushrooms*
100g unsalted butter
1kg piece skinless, boneless pork loin, rolled (with as much fat left on as possible – ask your butcher to do this)
3 garlic cloves, thinly sliced
1 cup sage leaves
1/4 cup rosemary leaves
400g can whole tomatoes
750ml bottle shiraz
1 tbs roughly chopped flat-leaf parsley

Polenta

1 cup (170g) instant polenta
80g unsalted butter
2 cups (160g) grated parmesan

Soak the dried porcini in 1 cup (250ml) boiling water for 10 minutes to soften.

Meanwhile, melt half the butter in a flameproof casserole over medium-low heat. Season pork well, then place fat-side down in the pan and gently sear for 6-8 minutes until well coloured and the fat has rendered. Turn and sear on the other side for 4-5 minutes until golden.

Remove the pork from the pan, then drain off any excess fat. Melt remaining butter in the pan, then add the garlic, sage and rosemary and cook, stirring, for 3 minutes or until golden.

Squeeze porcini to remove excess liquid. Set soaking liquid aside. Return pork to the pan, then add mushrooms, tomatoes and 1 cup (250ml) wine. Season well. Cover the surface with a circle of damp baking paper, tucking in the edges (this ensures the pan won't dry out).

Reduce heat to low and simmer for 30 minutes, then turn the pork and baste with the sauce. Add the remaining wine and reserved mushroom stock, then re-cover with baking paper and cook for a further 40-50 minutes until the sauce is rich and pork is tender. If the sauce starts to dry out, add splashes of water or wine to maintain the moisture level. The sauce will intensify in colour but shouldn't burn.

For the polenta, place 3 cups (750ml) water in a saucepan and bring to the boil. Gradually add polenta, whisking constantly, then reduce heat to low and cook, whisking, for 8-10 minutes until thick. Remove from the heat, then fold in butter and cheese. Season. Keep warm.

Remove the pork from the sauce and thickly slice. Serve with polenta, drizzled with sauce and garnished with parsley.

* From gourmet food shops and delis. **d.**

stick with tradition

Poh's authentic recipe for chicken satay strikes a perfect balance between spice and smokiness.

Versions of satay appear in so many cultures. One theory told to me by a Nonya chef, Florence Tan, suggests that they came from Chinese traders who would preserve skewers of meat in brine and grill them when they arrived on Malaysian shores. The term 'satay' translates to 'three pieces' in the Hokkien dialect.

This isn't a complex dish to make, but like a lot of Malaysian dishes it's all about the ratio of beautiful aromatics and exotic spices. In the streets of Malaysia, satay skewers are cooked over smouldering embers which are fanned to infuse the meat with a gorgeous smokiness, but a barbecue or grill will work a treat.

In Australia, satay is most often served as an entree, but in Malaysia, it's eaten as a meal in itself with the classic accompaniments of pineapple, cucumber and red onion skewers and cubes of pressed rice, which add a lovely freshness and zing to the richly flavoured meat and peanut sauce.

Watch Poh's Kitchen *at 6.30pm Wednesdays on ABC1.*

malaysian chicken satay

Makes 12-15 skewers

Begin this recipe a day ahead.

2 tsp cumin seeds
2 tbs coriander seeds
4 lemongrass stems (pale inner core only), thinly sliced
5 Asian (red) eschalots* or 1 red onion, roughly chopped
1cm piece galangal*, sliced
2 garlic cloves, sliced
1 tsp ground turmeric
1/4 tsp dark soy sauce
1/4 cup (60ml) sunflower oil
1/4 cup (55g) brown sugar
1kg chicken thigh fillets, cut into 2cm x 3cm pieces
Satay sauce and fruit skewers, to serve (for Poh's recipes, visit abc.net.au/pohskitchen)

Toast cumin and coriander in a dry frypan over medium-high heat until fragrant and beginning to smoke. Transfer to a mortar and pestle and pound to a powder. Add the lemongrass, eschalots, galangal and garlic to mortar in batches and pound to a fine paste. Stir in turmeric, soy, oil, sugar and 1 tsp salt. Transfer to a bowl with chicken and toss to coat well in marinade. Transfer everything to a large ziplock bag and seal, pushing out as much air as possible. Marinate in the fridge overnight.

Soak 12-15 wooden skewers in water for 30 minutes, then thread 3-4 pieces of marinated chicken onto each, ensuring the meat sits flat (so it cooks quickly).

Preheat a barbecue or grill on high heat. Grill the skewers for 5-6 minutes, turning, until just cooked. (You want the chicken to remain juicy, which is why it's cut into fairly small pieces.) Serve with satay sauce and fruit skewers.

* Available from Asian food shops. **d.**

PHOTOGRAPHY: BRETT STEVENS STYLING: KRISTEN WILSON
MORTAR AND PESTLE FROM THE BAY TREE STOCKIST DETAILS LAST PAGES

citrus twist

With its bright interior and fresh flavours, Josh's Cafe adds a splash of colour to historic Berrima in the NSW Southern Highlands.

On an average Saturday in the NSW Southern Highlands, you'll find folk from Sydney and Canberra browsing antiques, cosying up in quaint tea rooms and dining in country house surrounds. Meanwhile, the Highlands dwellers themselves sneak off to modern, welcoming Josh's Cafe – hidden in plain sight on the main street of historic Berrima – for a generous helping of Josh Levings' fresh take on rustic fare.

"The locals have been with us from the beginning, but we're getting more foodie visitors now, too," says chef Josh, who opened the cafe with his wife, Erika, three years ago after he left the kitchen at Canberra's acclaimed Ottoman Cuisine.

A few Turkish elements from his time there embellish the heavily local menu. Wintry choices include roast Thirlmere pheasant for two; braised goat with olives and housemade gnocchi; and this zesty dessert from co-chef Benn McLean. "We like to keep it casual, with a neighbourhood feel," says Josh, "and we hope to have a liquor licence soon, too."

So next time you're in town, by all means buy the homewares and scoff the scones – just save room for a meal here with a glass of red. *2/9 Old Hume Hwy, Berrima, NSW, (02) 4877 2200.*

tunisian citrus samosas

Makes 30

170g unsalted butter, softened, plus 80g unsalted butter, melted
300g caster sugar
3 eggs
170g almond meal
Finely grated zest and juice of 3 limes
Finely grated zest and juice of 3 lemons
Finely grated zest and juice of 3 oranges, plus 1 extra orange, flesh segmented
1 vanilla bean, split, seeds scraped
10 sheets brik pastry*
Icing sugar and vanilla ice cream (optional), to serve

To make a frangipane filling, beat softened butter and 3/4 cup (165g) caster sugar in an electric mixer until pale and fluffy. Beat in eggs 1 at a time until well combined, then fold in almond meal and zest. Set aside.

Place the citrus juices, vanilla bean and seeds, and remaining 135g sugar in a small pan over medium-low heat. Simmer for 20 minutes until it is a thick, honey-like consistency. Cool. Meanwhile, remove skin and white pith from the extra orange. Cut segments away from the membrane, then chop. Add to cooled syrup. Store syrup for up to 2 weeks.

Preheat oven to 180°C and line a large tray with baking paper. Leaving the plastic on each sheet, trim 10 pastry sheets into 20cm squares, then cut each into 3 strips.

Peel plastic off 1 sheet, leaving the others covered to keep from drying out, and brush liberally with melted butter.

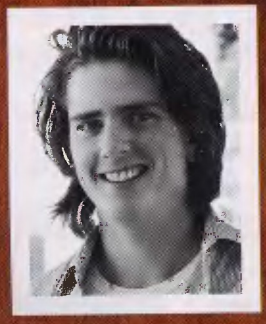
Place 1 heaped teaspoon of frangipane at the base of a strip. Fold a corner of pastry over filling to form a triangle, then roll up away from you, continuing until you've folded all the pastry into a neat triangle. Continue with remaining pastry strips and filling.

Place pastries on tray and bake for 8-10 minutes until golden. Cool slightly. To serve, arrange pastries on a plate, dust with icing sugar and drizzle with some of the syrup. Serve with ice cream if desired.

* A thin, crisp North African pastry from Middle Eastern and gourmet shops. Substitute fresh filo pastry.

WORDS: DANIELLE OPPERMANN LOCATION PHOTOGRAPHY: SAM MCADAM FOOD PHOTOGRAPHY: BRETT STEVENS FOOD STYLING: DAVID MORGAN

Avocado & beetroot salad with cumquat vinaigrette



ultra violet

David offers two takes on vibrant beetroot, creating an elegant salad that's ready in no time, and a twist on carrot cake that makes the most of its earthy sweetness.

Beetroot is one of those vegetables that divides punters into two camps: you either love or loathe it. I adore beets in all their earthy glory, yet my father refers to them as "bloody pigs' feed" (but admittedly, he knows as much about food as I do about football). I suppose I can see where he's coming from – too often what we know as beetroot is a boiled-to-oblivion watery disc from a can or the slippery violet villain in burgers that's responsible for staining shirts across the country. Bloody, indeed. Once you begin to embrace their sometimes tricky colour and try different cooking techniques, you'll find that beets are full of potential.

Beetroot is best through winter and spring. The most common variety is bulbous and purple but heritage varieties with jewel-coloured hues, ranging from pale gold and russet pink to deep bull's blood red, have begun to reappear at farmers' markets.

I always look for beets that still have dirt clinging to them, with vibrant, bushy leaves (the baby ones are great sautéed in olive oil and garlic). I roast beetroot instead of boiling to intensify its sweet earthiness, then serve as a side or in a salad of goat's curd and parsley. But it's with my steak sandwich that I really convert the skeptics: seared skirt steak, rocket, handmade garlicky mayo and grated raw beetroot. Bloody delicious!

quick

avocado & beetroot salad with cumquat vinaigrette

Serves 4-6

This 'carpaccio' of beetroot takes no time to prepare and contrasts beautifully with the buttery avocado and piquant cumquat.

6 red or golden beetroot, peeled
1 cup (250ml) red wine vinegar
1 tbs extra virgin olive oil
3 firm, ripe avocados

Cumquat dressing
2 tbs white wine vinegar
2 spring onions, thinly sliced
1 tbs lemon juice
1 tbs orange juice
4 small cumquats* (or 1 small mandarin)
Pinch of caster sugar
3/4 cup (185ml) extra virgin olive oil
1 tbs chopped chervil*,
plus extra sprigs to garnish

For the cumquat vinaigrette, combine vinegar, spring onions, lemon juice, orange juice and a pinch of salt in a bowl, then set aside to macerate for 15 minutes. Halve cumquats (or quarter the mandarin) and remove any large pips. Place the fruit, with the peel still on, in a mortar and pestle and pound with a pinch of sugar until you have a rough paste. Whisk oil into the vinegar mixture, then stir in the chervil and the cumquat paste. Season with salt and pepper to taste.

Meanwhile, very thinly slice beetroot (a mandoline is ideal). Arrange beetroot on a baking paper-lined tray and douse with the red wine vinegar and extra virgin olive oil. Cover with plastic wrap and leave to marinate for 10 minutes.

Drain the beetroots of any excess vinegar, then rinse in cold water. Arrange on serving plates in a single layer. Thinly slice the avocado and arrange on top of the beetroot, then season well with sea salt and freshly ground black pepper.

Drizzle with the cumquat dressing, then garnish with chervil sprigs and serve.

* From selected greengrocers. Cumquat trees are also from garden centres.

slow

beetroot, raisin & walnut cake with bourbon cream

Serves 8-10

You can substitute carrot for beetroot.

1 cup (170g) raisins
3/4 cup (185ml) bourbon or whisky
2 cups (300g) plain flour
3 tsp baking powder
2 lightly packed cups (320g) soft brown sugar, plus 2 tsp extra for the cream
1 1/2 cups (150g) walnuts, roughly chopped
5 beetroots, peeled, grated (to give 4 cups)
1 1/2 cups (375ml) sunflower oil
5 eggs
300ml thickened cream

Soak the raisins in bourbon for 1 hour.

Preheat oven to 180°C. Grease and line a 21cm square loose-bottomed cake pan.

Mix together the flour, baking powder and brown sugar in a large bowl. Drain raisins, reserving 2 tsp liquid, then add to dry ingredients with walnuts and beetroot.

Beat oil and eggs together, add to the bowl and stir with a wooden spoon until well combined. Spoon the mixture into the prepared pan and bake on the middle shelf of the oven for 1 3/4-2 hours until a skewer inserted into the centre comes out clean. (Cover with foil if cake is browning too quickly.) Allow to cool in the pan.

Whisk cream with extra sugar and reserved bourbon until lightly whipped.

Serve the cake, warm or at room temperature, with the cream. **d.**

Beetroot, raisin & walnut cake with bourbon cream

FOOD PHOTOGRAPHY: BEN DEARNLEY STYLING: KRISTEN WILSON
GLASS JUG FROM THE BAY TREE STOCKIST DETAILS FINAL PAGES

the flip side

Belinda looks at an old favourite from a different angle and creates these dainty fruit pikelets.

What is it about pikelets that makes them so homey and comforting? I can never cook a batch without thinking of my mum. I clearly remember her showing us how to make them; she would tie tea towels around us as aprons, put out all the ingredients and within no time we would be enveloped in a cloud of flour as we busily whisked, stirred and chatted nineteen to the dozen. They were the perfect thing to make on a cold, wintry afternoon as the results were immediate and so utterly satisfying. We'd make huge batches, happily devouring them and licking our jammy fingers as we went.

I must admit that until now, I've never tried making fruit pikelets, but they've proved a real winner. I especially love the flavour of the pears, but if you only have apples on hand then, by all means use them instead – I made them both ways and the whole lot disappeared without a trace in an embarrassingly short space of time!

apple & pear pikelets

Makes 10-12

If you want to make these ahead of time, they reheat well in the microwave.

1 free-range egg
1 cup (250ml) buttermilk
1 tbs unsalted butter, melted, cooled, plus extra to cook the pikelets
1 1/2 tsp vanilla extract
1 sweet apple (such as pink lady), peeled, grated
1 cup (150g) self-raising flour
1/2 tsp bicarbonate of soda
1/4 cup (55g) caster sugar
2 small just-ripe pears, thinly sliced
Icing sugar and lightly whipped cream (optional), to serve

Whisk the egg, buttermilk, butter and vanilla in a bowl to combine. Stir in apple.

In a separate bowl, combine flour, soda, caster sugar and 1/4 teaspoon salt. Make a well in the centre, pour in the buttermilk mixture, then whisk until it forms a batter. Stand for 5 minutes, stirring occasionally.

Melt about 2 teaspoons butter in a large non-stick frypan over medium-low heat, swirling to coat the pan. Cook 3 pear slices for 1 minute on each side or until lightly caramelised. Drop 1 heaped tablespoon of batter onto each pear slice, using the back of the spoon to shape into round pikelets, covering the fruit.

Cook the pikelets for 3 minutes or until small bubbles appear all over the surface and are golden brown underneath. Carefully turn with an egg slice and cook for a further 2 minutes until cooked through. Transfer to a plate, then continue with remaining pear and batter, adding more butter to the pan between batches.

Dust the pikelets with icing sugar and serve warm or at room temperature with whipped cream, if desired. **d.**

PHOTOGRAPHY: BEN DEARNLEY STYLING: KRISTEN WILSON

masterclass

Two-hatted Sydney chef Justin North thinks seasonally with one of his favourite make-ahead dinner party dishes.

RECIPES **JUSTIN NORTH** PHOTOGRAPHY **BEN DEARNLEY** STYLING **KRISTEN WILSON**

Braised beef is the quintessential winter warmer. It's a great dinner party dish because you can make it ahead of time, so you're not slaving away while your guests are sipping champagne. In fact, you could braise the beef a couple of days ahead, then just reheat it in the cooking liquid before reducing the jus – the flavours will have greater depth and become more mellow the longer you leave it.

I like to use stout to give a malty roundness with some lovely bitter characteristics, but you can play around with it if you want. Maybe up the red wine and add a splash of port, or in warmer months, try white wine and Madeira for a lighter, fruitier feel.

I serve this with crushed potatoes and mushrooms as I find mash can make everything a bit too rich, while the chunkier-style potatoes soak up the sauce beautifully. And with so many great mushroom varieties around at the moment, you can really capture the season; I like to cook them in a neutral-flavoured oil, such as grapeseed oil, so their natural earthiness and sweetness come through.

Visit: becasse.com.au and etchdining.com.

beef braised in stout with winter mushrooms and crushed potatoes

Serves 4

Begin this recipe a day ahead.

4 x 200g pieces chuck steak, trimmed
800ml stout
200ml dry red wine
1 onion, roughly chopped
1 carrot, roughly chopped
1 garlic bulb, cloves peeled
6 fresh thyme sprigs
2 tbs olive oil
1.5L (6 cups) beef stock
Watercress sprigs (optional), to serve

Crushed potatoes
4 desiree potatoes
50ml olive oil
2 spring onions, thinly sliced

Mushrooms
1/4 cup (60ml) grapeseed oil*
80g unsalted butter
400g mixed mushrooms (such as king, Swiss brown, chestnut and shiitake)

1. Place the beef in a large, shallow dish with the stout, wine, onion, carrot, garlic and thyme. Cover, then leave to marinate in the fridge overnight. The next day, preheat the oven to 110°C. Drain the beef, reserving the liquid and vegetables separately. Heat 1 tablespoon olive oil in a large flameproof casserole over high heat. In batches, sear beef for 2 minutes each side until brown and well sealed. Remove and set aside.

2. Add 1 tablespoon oil to the casserole, then add vegetables and cook, stirring, for 8 minutes or until softened and lightly browned. Return meat to pan and cover with reserved marinade. Reduce heat to medium and cook for 10-15 minutes until reduced by two-thirds, skimming any foam from the surface. Add enough stock to cover beef and vegetables, bring to a simmer, then cover the surface closely with a round of baking paper and cover with a lid. Transfer casserole to the oven and cook for 3-4 hours until very tender. Remove beef, loosely cover with foil and set aside. Strain the cooking liquor.

3. Meanwhile, for the crushed potatoes, place potatoes in a saucepan, cover with water, then bring to the boil. Simmer for 25 minutes or until tender. Drain and allow to cool. Once cool enough to handle, peel potatoes and place in a bowl with the olive oil and spring onion. Season well with sea salt and freshly ground black pepper, then use a fork to crush the potatoes to form a chunky mash. Keep warm.

4. For the mushrooms, slice any large mushrooms (you can keep the smaller ones whole). Heat oil in a large frypan over high heat. Add the butter and allow to foam, then add the mushrooms and cook, stirring, for 6 minutes until tender and golden. Season well with sea salt and freshly ground black pepper. Keep warm.

5. To make a jus, heat a saucepan over medium heat. Add the strained braising liquor and cook for 20-25 minutes until reduced and thickened. Return meat to the pan and gently reheat over low heat for 1-2 minutes until warmed through.

6. To serve, place a large quenelle (oval-shaped scoop) of potato in the centre of 4 warm bowls, top with the beef, scatter over the mushrooms, then spoon over the jus and garnish with watercress sprigs.

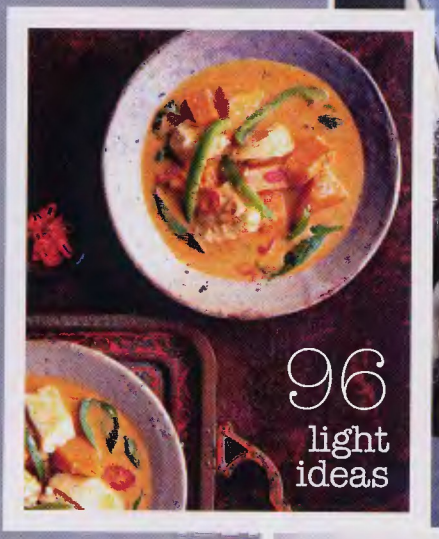
* Available from supermarkets. **d.**

MAIN SHOT: DINNER PLATE, PEPPER GRINDER AND SALT DISH FROM THE BAY TREE **STOCKIST DETAILS LAST PAGES INTERVIEW:** ALISON PICKEL

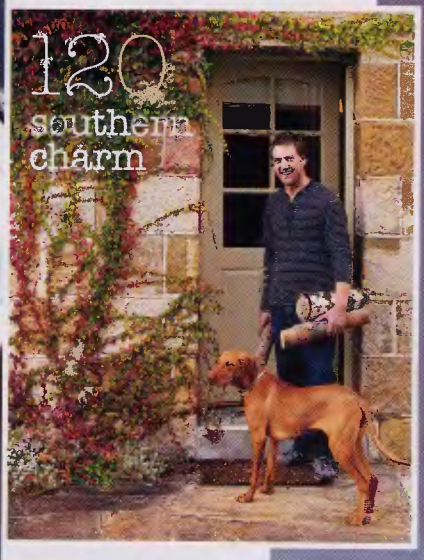
delicious. july

perfect steak 112

season's best 88



96 light ideas



120 southern charm

78 classic comfort

104 easy midweek

'London Peculiar' pea soup (recipe p 84)

RECIPES AND WORDS **VALLI LITTLE**
PHOTOGRAPHY **BRETT STEVENS**

MERCHANDISING: KRISTINE DURAN-THIESSEN

As a child, I remember the times when my mother would plan Sunday dinner and say "It will be supper for a song!", when her weekly food budget hadn't quite stretched as far as she would have liked. And whether you're on a strict budget or not, there's a lot to learn from those old-fashioned ways – reducing waste, working with what's in the pantry, and choosing more economical cuts of meat.

For me, there's no better time than winter for this type of comfort-food cooking. Dried pulses are affordable and go a long way, whether in rich, hearty soups or as an Indian dahl. Fragrant with spices and aromatics, it's a favourite a TV dinner in our house. Slow-braised meat becomes the filling for a hearty pie, and old-fashioned winter desserts, such as baked custard and steamed puddings, have a wonderful way of reviving those special childhood memories.

And last, but never least in our house, is the humble sausage. The gourmet varieties available today are such a huge improvement on the sad specimens you used to get. I like to serve them with a rich eschalot gravy that can hold its place on any dinner party menu (but if I'm eating alone, baked beans with snags are my secret pleasure).

"Fragrant with spices and aromatics, dahl is a favourite TV dinner in our house."

Dahl with spinach

dahl with spinach

Serves 6-8

2 tbs sunflower oil
2 onions, chopped
2 garlic cloves, chopped
2 tsp grated ginger
1 long green chilli, finely chopped
1 tbs panch phora* or mustard seeds
1 tsp ground cumin
1 tbs ground coriander
2 tsp ground turmeric
1 tsp garam masala (Indian spice mix)
400g yellow split peas, rinsed, soaked in water for 1 hour, drained
800g can chopped tomatoes
3 cups (750ml) chicken or vegetable stock
1 tsp caster sugar
100g baby spinach leaves
Rice, mango chutney and naan, to serve

Heat oil in a pan over medium heat. Add onion and cook for 2-3 minutes, stirring, until softened. Add garlic and ginger, and cook for a further minute. Stir in spices, then cook for 30 seconds until fragrant.

Add peas, stock, tomatoes, sugar and 1 1/2 cups (375ml) water. Bring to a simmer, then reduce heat to low and cook for 1-1 1/2 hours, stirring occasionally, until peas are tender and dahl is thick and rich.

Stir through baby spinach, then serve with rice and accompaniments.

* A blend of 5 whole Indian spices, from gourmet shops, or visit: herbies.com.au.

spicy meatballs on toast

Serves 4

2 garlic cloves, chopped, plus 1 halved
4 slices pancetta
2 tsp chopped rosemary
1/4 cup chopped parsley, plus extra to serve
600g beef mince
1/2 tsp dried chilli flakes
2 tbs tomato paste
1 egg
250g punnet cherry tomatoes, halved
3 cups (750ml) tomato passata*
1 tsp brown sugar
2 tsp red wine vinegar
8 slices ciabatta
1 cup (80g) grated parmesan

Spicy meatballs on toast

Sausages with
eschalot gravy

Place chopped garlic in a processor with pancetta, rosemary and parsley and pulse until finely chopped. Place in a bowl with mince, chilli, tomato paste and egg and mix well with your hands. Roll into 3cm balls and chill for 30 minutes.

Preheat the oven to 180°C.

Heat oil in a pan over medium-high heat. In batches, cook meatballs for 4-5 minutes until well browned. Place on a baking tray with the cherry tomatoes. Drizzle tomatoes with oil and season. Bake for 10 minutes or until the meatballs are cooked through and tomatoes are tender.

Meanwhile, heat the passata, sugar and vinegar in a pan over medium heat. Season, then place the meatballs and tomatoes in the sauce and warm through.

Toast or chargrill bread, then rub with the halved garlic clove.

Serve meatballs and sauce on the toast, scattered with parmesan and parsley.

sausages with eschalot gravy

Serves 4

You can freeze the gravy for 3 months.

1/3 cup (80ml) olive oil
200g eschalots, thinly sliced
1 tbs plain flour
1/2 cup (125ml) red wine
2 thyme sprigs
1 bay leaf
1 1/2 cups (375ml) beef consomme*
1 tbs Dijon mustard
12 pork or beef chipolata sausages
Mashed potato and green beans, to serve

Heat 2 tbs oil in a pan over medium heat. Cook eschalot, stirring, for 5 minutes until soft. Stir in flour, then add wine, herbs and consomme. Increase heat to high, bring to the boil, then reduce heat to medium and simmer for 10 minutes until slightly reduced. Stir in mustard. Keep warm.

Meanwhile, heat the remaining oil in a frypan over medium heat. Cook the sausages, turning, for 10 minutes or until browned and cooked through. Divide the mash, beans and sausages among plates, then drizzle with gravy and serve.

* From supermarkets (in tetra packs).

Steak & kidney pie

steak & kidney pie

Serves 6-8

50g unsalted butter
2 tbs olive oil
2 onions, chopped
250g Swiss brown mushrooms
800g beef chuck steak, cut into 2cm cubes
200g veal or lamb kidneys*, trimmed, cut into 2cm cubes
2 tbs plain flour, seasoned
2 garlic cloves, chopped
330ml bottle stout (such as Guinness)
1 1/2 cups (375ml) beef stock
2 bay leaves
2 thyme sprigs, leaves picked, plus extra leaves to garnish
1 tbs tomato paste
2 tbs HP sauce (optional), plus extra to serve
2 tbs chopped flat-leaf parsley
375g block frozen puff pastry, thawed
1 egg, beaten

Melt butter and 1 tbs oil in a flameproof casserole over medium heat. Cook onions, stirring, for 2-3 minutes. Add mushrooms and cook for 2 minutes or until softened. Remove onion mixture and set aside.

Add 1 tbs oil to pan. Toss kidneys in a little flour. Cook, turning, for 2-3 minutes to seal on all sides. Set aside.

Toss the beef in the remaining flour. In 2 batches, cook beef for 4-5 minutes until browned on all sides. Return kidney and onion to the pan. Add stout, bring to the boil, then reduce heat to low and simmer for 8-10 minutes until reduced by half.

Add stock, herbs, tomato paste and some salt and pepper, bring to the boil, then reduce heat to low. Partially cover and simmer for 1 1/2 hours, stirring occasionally, until the meat is tender.

Remove meat and vegetables with a slotted spoon, discarding bay leaves, then simmer sauce over medium heat for 5-6 minutes until reduced to about 1 1/2 cups. Stir in HP sauce and parsley, return meat and vegetables to pan, then allow to cool.

Preheat the oven to 200°C.

Roll out pastry on a floured surface until 5mm thick. Cut a 1cm strip of pastry that

will fit around the rims of two 1-litre pie dishes. Use a pie dish as a template to cut pastry lids 1cm larger than the dishes.

Divide the pie mixture among dishes. Press pastry strips around pie dish rims and brush with water. Sit pastry lids on top and trim excess. Seal edges with a fork and brush with egg. Top with thyme sprigs, then bake for 25 minutes or until puffed and golden. Serve with HP sauce, if using.
* Available from butchers.

'london peculiar' pea soup

Serves 6

This soup is named after the thick fog that used to hang over London. You'll need to soak the split peas overnight.

1 1/2 cups (300g) dried green split peas, soaked overnight, drained, rinsed
1 onion, 1 carrot & 1 celery stalk, chopped
2 bay leaves
1 ham hock*
1/2 cup (60g) frozen peas, blanched
Cream and crusty bread, to serve

Place split peas, onion, carrot, celery, bay leaves and ham hock in a pan. Add enough water to cover, bring to the boil, then simmer over low heat for 1 1/2 hours, stirring occasionally, until peas start to break down and hock is tender. Discard bay leaves. Remove hock and set aside. Allow soup and hock to cool slightly.

Remove ham from hock and chop, discarding skin and bone. Blend soup, in batches, then add ham and warm over low heat. Season. Ladle soup into bowls, garnish with peas and a drizzle of cream, then serve with bread.
* From delis and butchers.

french onion soup

Serves 4

50g unsalted butter
1 tsp olive oil
4 large onions (about 1kg), sliced
1 tbs brown sugar
50ml brandy
3 cups (750ml) chicken stock
1 tbs balsamic vinegar
2 bay leaves
2 thyme sprigs
4 thick slices sourdough
1 garlic clove, halved
1 cup (120g) grated gruyere cheese

Melt the butter with the oil in a large saucepan over medium-low heat. Add the onion, sugar and 1 tsp salt and cook, stirring occasionally, for 20 minutes or until golden and caramelised.

Add the brandy, then increase heat to medium-high and cook for 1-2 minutes until liquid is almost evaporated. Add the chicken stock, balsamic and herbs, bring to a simmer, then reduce heat to low. Cook for 10-15 minutes, stirring occasionally, until thickened.

Meanwhile, preheat the grill to high.

Grill bread on both sides until golden. Rub one side of each slice with garlic, top with cheese, then grill for a further 1-2 minutes until the cheese has melted.

Divide toasts among 4 soup bowls, then ladle over the soup and serve.

French onion soup

baked nutmeg custard

Serves 4-6

4 eggs
1/2 cup (110g) caster sugar
300ml milk
300ml pure (thin) cream
1 tsp vanilla extract
Freshly grated nutmeg, to sprinkle
Poached seasonal fruit, to serve

Preheat the oven to 150°C.

Whisk the eggs and sugar together until just combined.

Heat the milk, cream and vanilla extract in a saucepan over medium heat until just below boiling point, then remove from the heat and pour over the egg mixture. Beat until just combined, then strain mixture into a 1-litre baking dish. Sprinkle the surface of the custard with grated nutmeg.

Place the dish into a deep roasting pan and fill with enough boiling water to come halfway up the sides of the baking dish. Bake for 45 minutes until just set. Serve warm with poached fruits.

Baked nutmeg custard

byo

Making supper to a budget doesn't mean you have to do without a glass of good wine. Two excellent all-round white wines for casual dining are the zesty Yalumba Y Series Riesling 2009 and the fuller, richer Y Series Viognier 2009 (both $13). For a light, juicy red, try Primo Estate Merlesco Merlot 2009 ($15). Those who like a red with more oomph will be well catered for by the velvety Cat Amongst The Pigeons Nine Lives Shiraz 2007 ($14.95). *Ralph Kyte-Powell*

FRENCH ONION SOUP: TOILE FABRIC IN MAROON FROM PIGOTT'S STORE. **BAKED NUTMEG CUSTARD:** BREAD AND BUTTER PLATE WITH RED TRIM FROM YOUR DISPLAY GALLERY. **STEAMED SPONGE PUDDING:** SOUP PLATES FROM YOUR DISPLAY GALLERY. **STOCKIST DETAILS LAST PAGES**

steamed orange puddings

Serves 6

125g unsalted butter, softened, plus extra to grease
125g caster sugar
200g self-raising flour
1 tsp baking powder
2 eggs
140ml milk
Finely grated zest of 1 orange
Cream or custard, to serve

Orange sauce
200ml orange juice
250g caster sugar
1 orange, thinly sliced
Splash of Grand Marnier (optional)

Grease four 3/4-cup (185ml) dariole moulds. Beat the butter and sugar in an electric mixer until pale. Sift in flour and baking powder, then add eggs one at a time, beating well between each addition. Add milk, then beat for 1-2 minutes until the mixture is light and combined. Divide mixture among greased moulds.

Cut four 15cm squares of baking paper and foil. Place the paper on the foil and fold to form a pleat in the centre. Place over the moulds, foil-side up, then tie with kitchen string to secure.

Place the moulds in a large saucepan and pour in enough boiling water to come halfway up the sides of the moulds. Cover the pan, then boil for 40 minutes until the puddings are firm.

Meanwhile, for the sauce, place juice and sugar in a pan with 100ml cold water and stir over low heat until the sugar dissolves. Add orange slices and Grand Marnier if using, then simmer, stirring occasionally, for 45 minutes or until the sauce is thickened and reduced.

Allow the puddings to stand in the moulds for 5 minutes, then invert onto plates and pour over the sauce. Serve drizzled with custard or cream. **d.**

constant craving

Andy Bunn and the team from Sydney's Cafe Sopra know exactly what we long for when the weather gets cool – robust ragu, creamy risotto, smart multi-layered salads and desserts that are made to linger over.

RECIPES **ANDY BUNN**
FOOD PHOTOGRAPHY **BRETT STEVENS**
STYLING **DAVID MORGAN**

Chocolate & walnut tarts (recipe p 94).
Opposite: lamb ragu with rosemary, chilli and conchiglie.

Andy's winter menu at Sopra is filled with slow braises, substantial salads and warming, indulgent desserts.

lamb ragu with rosemary, chilli and conchiglie (cover recipe)

Serves 4-6

I store parmesan rinds in the freezer for up to 6 months, then add them to soups and ragus for extra flavour. Store any leftover ragu in an airtight container in the fridge for up to 5 days.

1/4 cup (60ml) olive oil
1.5kg cubed lamb shoulder
3 x 750ml bottles good-quality tomato passata*
1 bunch rosemary, leaves chopped, a few sprigs reserved to garnish
2 anchovy fillets
1 tsp dried chilli flakes
120g piece of pancetta (optional)
4 parmesan rinds (optional), plus 1/2 cup (40g) grated parmesan
500g conchiglie (shell pasta)

Preheat the oven to 150°C.

Heat the oil in a flameproof casserole over medium-high heat. Season the lamb, then seal in batches for 6 minutes or until browned on all sides and fat has rendered down. Return lamb to pan, add the passata and 1 1/2 cups (375ml) water. Bring to the boil, then add rosemary, anchovies, chilli, pancetta and parmesan rinds, if using.

Return to the boil, then cover and bake for 2-2 1/2 hours or until the meat is tender. Remove parmesan rind and pancetta.

Cook the pasta in boiling salted water according to packet instructions. Drain.

To serve, toss the drained pasta with the lamb ragu, then scatter with grated parmesan and reserved rosemary.

* Sieved tomatoes, available in bottles from delis and gourmet food shops.

roast pumpkin salad with coriander, capsicum, chilli & aged balsamic

Serves 6-8

2.5kg butternut pumpkin, peeled, seeds removed, cut into 2cm cubes
100ml olive oil
6 spring onions with bulb, thinly sliced
1 red capsicum, finely chopped
1/2 bunch coriander, leaves picked
3/4 tsp dried chilli flakes
1/4 cup (60ml) aged balsamic vinegar
2 iceberg lettuces, torn

Preheat the oven to 250°C.

Place the pumpkin in a roasting pan, drizzle with 1/3 cup (80ml) oil and season to taste. Roast for 15-20 minutes until tender and brown around the edges. Allow pumpkin to cool in the pan before transferring to a large bowl.

Add the onion, capsicum, coriander, chilli, vinegar, lettuce and remaining oil to the pumpkin and toss to combine.

lemon vinaigrette

Makes about 1 1/3 cups

1 1/2 tbs white wine vinegar
1 1/2 tbs dry white wine
2 tbs lemon juice
1/2 cup (125ml) sunflower oil
1/2 cup (125ml) extra virgin olive oil

Place the vinegar, white wine and lemon juice in a bowl, then whisk until well combined. Slowly drizzle in the oils, whisking constantly until smooth. Season to taste with sea salt and freshly ground black pepper. The vinaigrette will keep, sealed in the fridge, for up to 1 week.

Roast pumpkin salad
with coriander, capsicum,
chilli and aged balsamic

roast quail risotto with peas, spinach & montasio cheese

Serves 6

6 quails*
1/3 cup (80ml) olive oil, plus extra to drizzle
60g unsalted butter
2 large onions, finely chopped
2 garlic cloves, thinly sliced
400g carnaroli* or arborio rice
300ml dry white wine
1L (4 cups) chicken stock, heated
150g Montasio* or parmesan
100g baby spinach
3 cups (360g) peas, blanched, refreshed

Preheat the oven to 220°C.

Season quail and drizzle with oil. Place on a baking tray and roast for 20 minutes until pale golden and just cooked through but still slightly pink. Allow to cool while you make the risotto.

Heat the butter and oil in a saucepan over medium-low heat. Add onion and garlic and cook, stirring, for 8 minutes or until translucent. Add rice and stir for 2 minutes to coat grains in the butter mixture, then add wine and simmer over medium-low heat for 1-2 minutes until the wine has almost evaporated. Add hot stock, a ladleful at a time, stirring and allowing each to be absorbed before adding the next. Continue until all the stock is absorbed and the rice is cooked and creamy but still a little firm to the bite – this will take about 20 minutes. Grate or crumble in cheese, then season.

Remove the quail meat from the bone in large pieces (it should come away easily once cool), then fold into the risotto with quail, spinach and peas. Stir for 1 minute over the heat to warm quail and wilt spinach, then serve.

* Quails are from butchers and poultry shops. Montasio (a hard Italian cheese) and carnaroli rice are from delis.

witlof, pear & pomegranate salad with gorgonzola

Serves 4-6

6 witlof, finely shredded
3 corella pears, cored, thinly sliced
1 1/2 cups (150g) walnut halves, toasted
1/2 cup flat-leaf parsley leaves
1 1/2 cups watercress sprigs
Seeds of 1 pomegranate*
200g gorgonzola piccante*, crumbled
2/3 cup (165ml) lemon vinaigrette (see recipe p 90)

Place the witlof, pear, walnuts, parsley, watercress, pomegranate and gorgonzola in a bowl. Season, then toss gently with vinaigrette. Serve immediately.

* Pomegranates are from greengrocers in season. Gorgonzola piccante is a sharp, crumbly blue cheese from delis.

bruschetta of blue-eye paté with mussel & chive vinaigrette

Serves 6

Finely grated zest of 1 lemon
4 lemon thyme sprigs
2 eschalots, thinly sliced
3 garlic cloves, thinly sliced
1 tbs olive oil, plus extra to drizzle
350g skinless, boneless blue-eye fillets
50g unsalted butter
1 onion, finely chopped
1 large leek (pale part only), chopped
2 dutch cream potatoes (about 250g total), peeled, cut into 1cm cubes
150ml thickened cream
1 loaf of sourdough, thickly sliced
6 poached eggs

Mussel vinaigrette
1/2 cup (125ml) white wine
1 eschalot, thinly sliced
1 tbs chopped chives
1 tsp each chopped thyme & peppercorns
500g mussels, scrubbed, debearded
1/3 cup (80ml) lemon vinaigrette (see p 90)

Layer half each of the zest, thyme and eschalot and one-third of the garlic on a baking tray, drizzle with half the oil, then sprinkle with enough salt to create a thin layer. Place fish on top, then cover with remaining zest, thyme, eschalot and oil, half the remaining garlic and another layer of salt. Cover with plastic wrap, then marinate in the fridge for 6 hours. Wipe fish with a clean cloth to remove marinade.

Melt butter in a large frypan over low heat. Add onion and remaining garlic and cook, stirring, for 10 minutes or until translucent. Add leek and continue to cook for 10 minutes until softened. Add potato and cook for 8 minutes, stirring, until the starch is released from the potatoes. Add enough cream to just cover the mixture. Bring to just below the boil over medium heat, then reduce the heat to medium-low and simmer for 10 minutes or until just tender. Cut fish into 2cm chunks, then add to the pan and poach for 6 minutes or until cooked. Blend to form a smooth puree, then taste for seasoning. Place in a bowl, then cover with plastic wrap and allow paté to set in the fridge for 2-3 hours.

For the vinaigrette, place wine in a large pan and bring to a simmer over medium-high heat. Add eschalot, herbs and pepper and allow to infuse for 1-2 minutes. Add mussels, then cover and cook for 3-4 minutes until mussels open (discard any that haven't after this time). Remove mussels from the shells and place in a bowl with 3 tablespoons of the mussel liquor and the lemon vinaigrette. Season.

Meanwhile, chargrill bread on each side, then drizzle with oil and spread with a generous amount of paté. Top with an egg and drizzle with mussel dressing.

The paté will keep, covered in the fridge, for up to 2-3 days.

Witlof, pear & pomegranate salad with gorgonzola

Bruschetta of blue-eye paté with mussel & chive vinaigrette

chocolate & walnut tarts

Serves 6

125g caster sugar
1 cup (250ml) thickened cream
150g toasted walnuts, roughly chopped, plus extra to serve
175ml pure (thin) cream
175g good-quality dark chocolate, chopped

Walnut pastry
1 2/3 cups (250g) plain flour
2/3 cup (100g) icing sugar
1/3 cup (40g) almond meal
100g chilled unsalted butter, chopped
1 egg, plus 1 egg yolk

For the pastry, grease six 10cm loose-bottomed tart pans. Sift the plain flour, icing sugar and almond meal into a food processor. Add the butter and process until the mixture resembles breadcrumbs. One at a time, add egg, then yolk, whizzing between additions, until the mixture just comes together. Divide dough into 6 portions, then shape each into a disc, enclose in plastic wrap and chill for 1 hour.

Roll out the pastry on a lightly floured surface to 3mm thick. Use to line the tart pans, then place in freezer for 30 minutes.

Preheat the oven to 180°C.

Line pastry with baking paper, then fill with pastry weights or uncooked rice. Place on a baking tray and bake for 20 minutes or until light golden. Remove paper and weights and bake for a further 5-10 minutes until evenly golden. Cool.

To make the filling, place the sugar in a heavy-based saucepan over medium heat. Cook for 8-10 minutes, without stirring, until you have a golden caramel. Carefully add thickened cream and nuts. Bring to the boil, then remove from heat. Pour into tart shells and bake for 6-8 minutes. The mixture must bubble all the way to the centre and should be slightly firm around the edges and jiggly in the centre. Allow to cool, then chill for 20 minutes.

Meanwhile, to make the topping, place the pure cream in a pan over medium heat and bring to just below boiling point. Remove from the heat, then add the chocolate and stir to melt. Cool slightly, then pour over the filling. Chill for 10 minutes until set. Scatter the tarts with extra walnuts, then serve.

prune & armagnac ice cream

Serves 4

Soak the prunes in Armagnac overnight.

150ml Armagnac or brandy
150g pitted prunes
200ml milk
300ml thickened cream
6 egg yolks
90g caster sugar

Soak the prunes in 100ml Armagnac overnight. The next day, strain the prunes and roughly chop. Set aside.

Place the milk and cream in a saucepan over medium-low heat and bring to just below boiling point.

Meanwhile, whisk egg yolks and sugar in a bowl until thick and pale. Whisking constantly, gradually pour hot milk into egg mixture until combined. Return to a clean pan over low heat and cook, stirring with a wooden spoon for 3-4 minutes until thick enough to coat the back of the spoon. Don't allow to boil.

Remove from heat and stir in remaining Armagnac. Strain through a sieve, cover, then chill. When completely cold, churn in an ice cream machine according to manufacturer's instructions. Fold the chopped prunes through the ice cream in the last 2-3 minutes of churning.

Alternatively, pour the mixture into a shallow container and freeze for 2 hours or until frozen at edges. Remove and beat with electric beaters. Return to container and refreeze. Repeat 2 or 3 times, adding the prunes for the final freeze.

BRUSCHETTA: STOOL FROM ICI ET LA **CLAFOUTIS:** ANGEL CAST IRON FRAME (USED AS BACKGROUND) FROM ICI ET LA **STOCKIST DETAILS LAST PAGES**

quince clafoutis with prune & armagnac ice cream

Serves 4

2 eggs, plus 1 egg yolk
1/4 cup (55g) caster sugar
1/2 cup (75g) plain flour
1 cup (250ml) milk
Sunflower oil, to grease
Prune & Armagnac ice cream (see previous recipe), to serve

Poached quinces
300ml white wine
250g caster sugar
2 quinces, peeled, quartered, cored
1/2 tsp whole cloves
1 tsp each black & white peppercorns
1 bay leaf
1 cinnamon quill
1 star anise

For the poached quinces, place all the ingredients in a flameproof casserole with 1 cup (250ml) water. Cover the surface with a round of baking paper, bring to a simmer, then cover with a lid and simmer over low heat for 3 hours or until the quince is tender and deep pink.

Whisk the eggs, egg yolk, caster sugar and a pinch of salt together in a bowl until thick and pale. In 4 batches, whisk in the flour and milk. Strain the mixture through a fine sieve to remove any lumps, then set aside for 30 minutes.

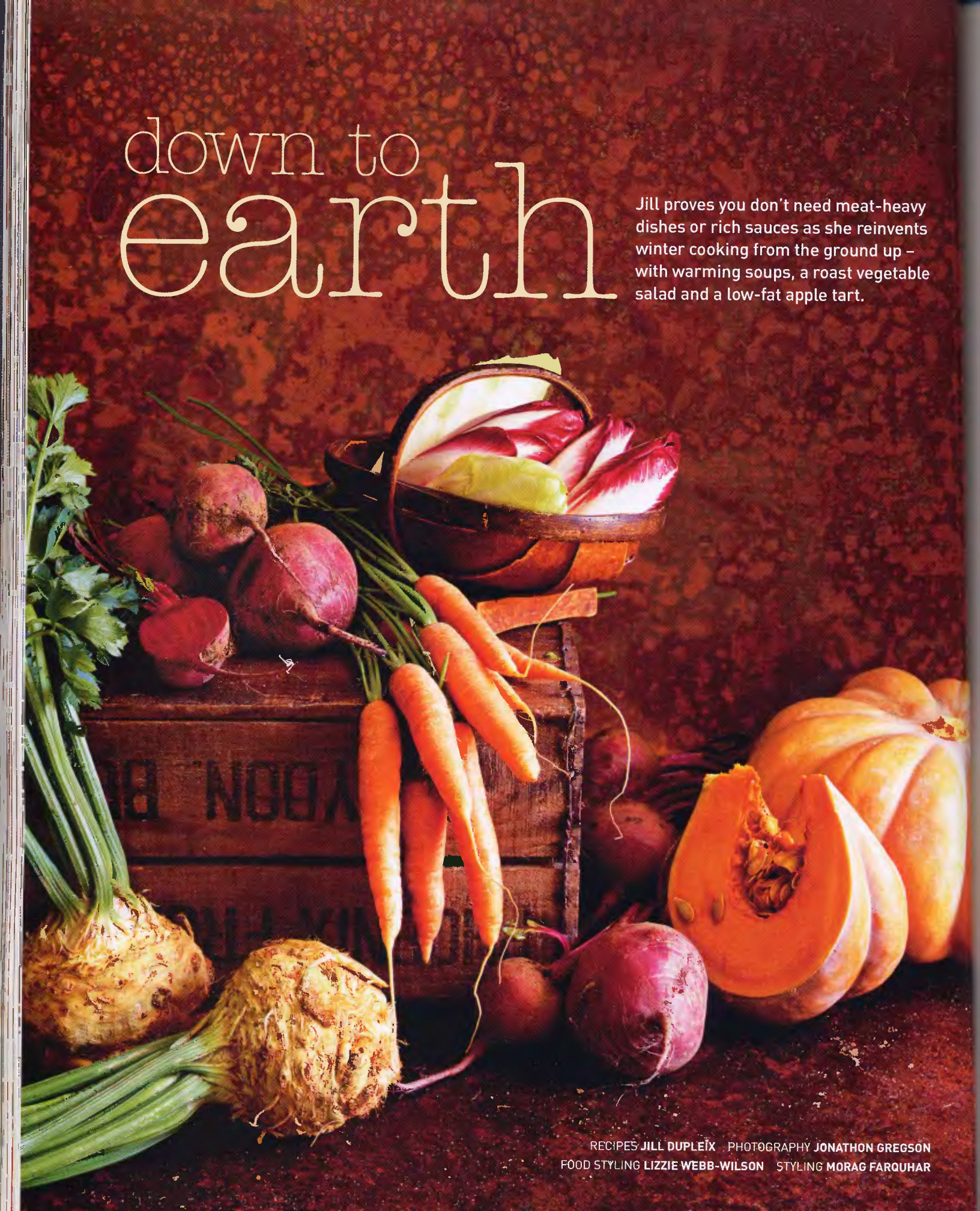
Preheat the oven to 200°C. Brush 4 shallow 14cm ramekins (350ml capacity) with oil and place on 2 baking trays. Place trays in oven for 10 minutes until dishes are hot.

Divide the batter and quince among ramekins (reserving the quince syrup to drizzle). Bake for 20-25 minutes, swapping the position of the trays after 10 minutes, until the puddings are golden and puffed.

Serve the puddings immediately, drizzled with the reserved quince syrup and topped with a scoop of ice cream. **d.**

down to earth

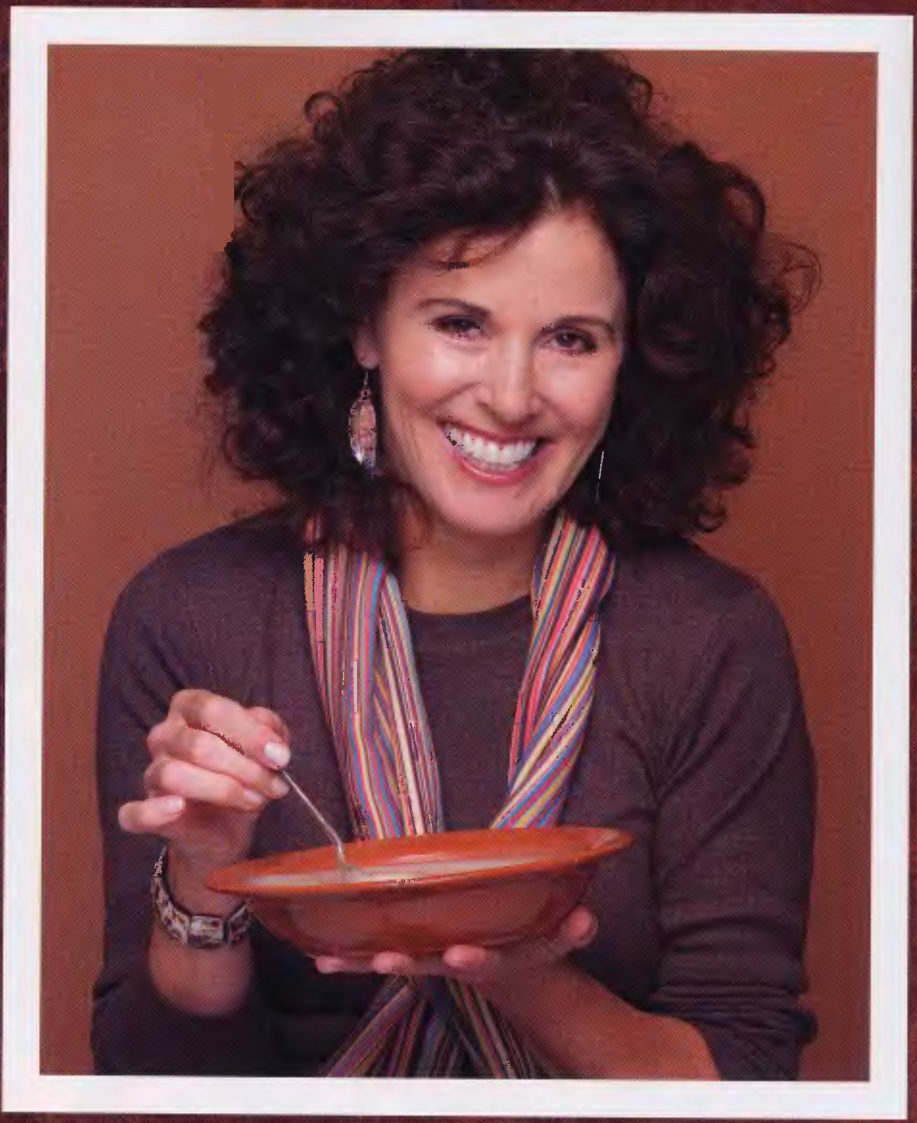
Jill proves you don't need meat-heavy dishes or rich sauces as she reinvents winter cooking from the ground up – with warming soups, a roast vegetable salad and a low-fat apple tart.



RECIPES **JILL DUPLEIX** PHOTOGRAPHY **JONATHON GREGSON**
FOOD STYLING **LIZZIE WEBB-WILSON** STYLING **MORAG FARQUHAR**

Warm roast vegetable & couscous salad (recipe p 102)

lighten up.



Winter produce is so robust, generous and heart-warming, it's a good time to lighten up on animal fats and rich creams – because there is so much flavour in everything you cook, you simply don't need to overdo it. Something like potatoes, for instance, can be lightened with that strange, bulbous root celeriac, which lends a fine flavour and subtle, velvety texture to soups.

Try a roast dinner with root vegetables instead of beef or lamb, and build salads around earthy beetroots, walnuts and slightly bitter witlof. Sweet nuggets of pumpkin add substance to a Thai fish curry that's light on coconut milk, and even dessert can be a simple yet delicious affair using apples and almonds to create a low-fat version of a French bistro classic. Talk about earthly pleasures…

celeriac soup with smoked trout toasties

Serves 4

The nutty, almost smoky flavour of celeriac lightens this velvety soup, spiked with its distant cousins celery and celery seeds.

3 potatoes, peeled, roughly chopped
600ml salt-reduced chicken or vegetable stock
1 large celeriac, peeled, roughly chopped
2 tbs olive oil or unsalted butter
1 onion, chopped
4 celery stalks, thinly sliced, a few inner leaves reserved
1/2 tsp grated nutmeg
Good pinch of cayenne
1 tsp celery seeds*
Smoked trout toasties (recipe follows), to serve

Place potatoes in a pan with stock and 600ml water and bring to the boil. Add celeriac and simmer over medium-low heat for 20 minutes until tender.

Meanwhile, heat oil or butter in a pan over medium heat. Add onion and celery and cook, stirring, for 10 minutes or until softened. Add to celeriac pan and simmer for 10 minutes. Remove a few pieces of celeriac, finely chop, then set aside.

In batches, blend soup until a smooth puree. Return to pan with the celeriac and spices. Season and stir to combine.

Divide soup among bowls, then scatter with celery leaves and celery seeds, and serve with the toasties.

* From delis and gourmet shops, or visit: herbies.com.au.

Per serve: 1027 kJ (245 Cal), fat 9.8g (saturated 1.5g), protein 7.6g, carb 28.8g, fibre 5.1 g, chol 3mg, sodium 494mg.

smoked trout toasties

Serves 4

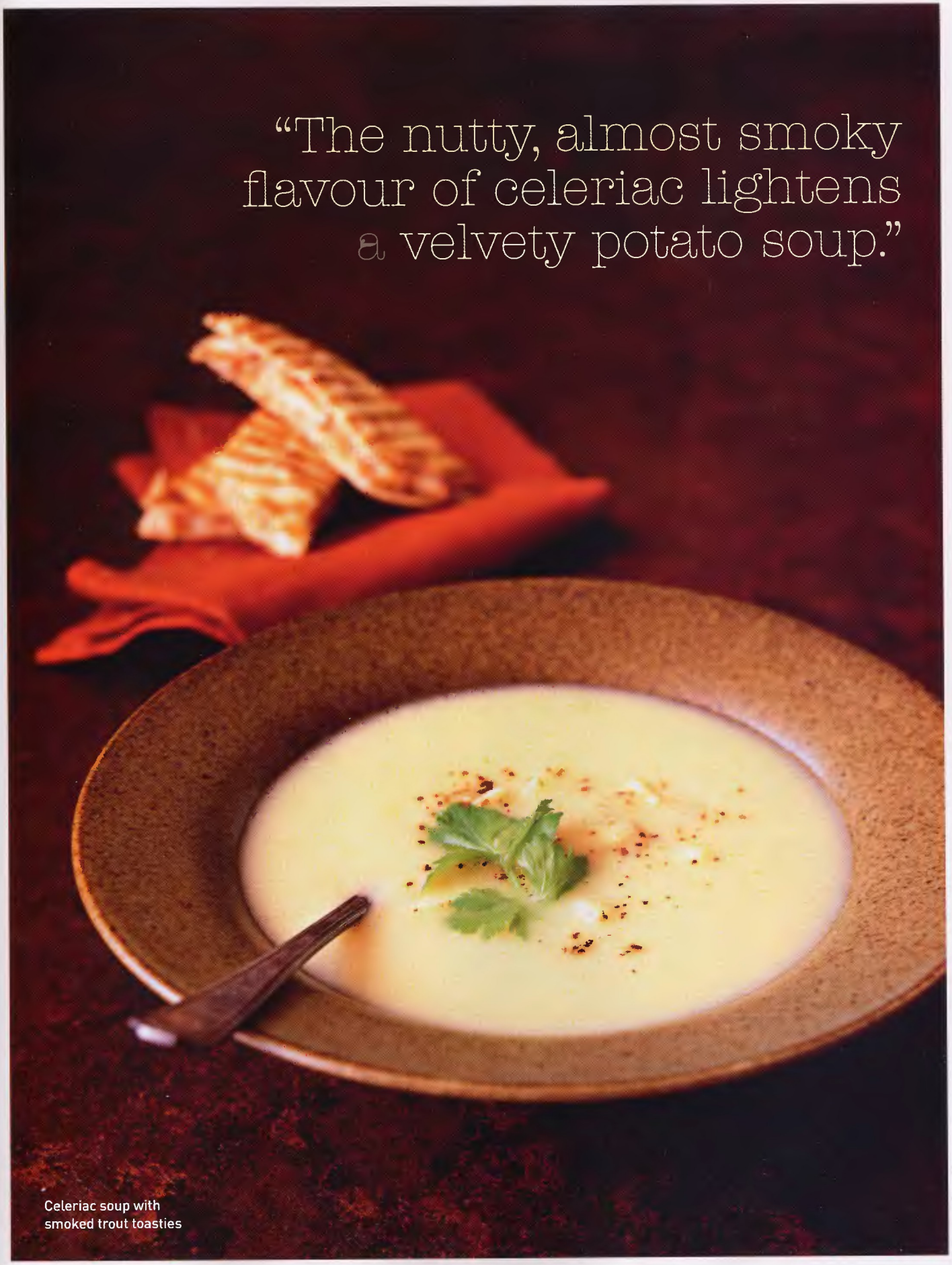
This little treat on the side turns soup into a light lunch or supper.

200g smoked trout fillet, shredded
1/2 cup (60g) grated gruyere or cheddar
4 tortillas

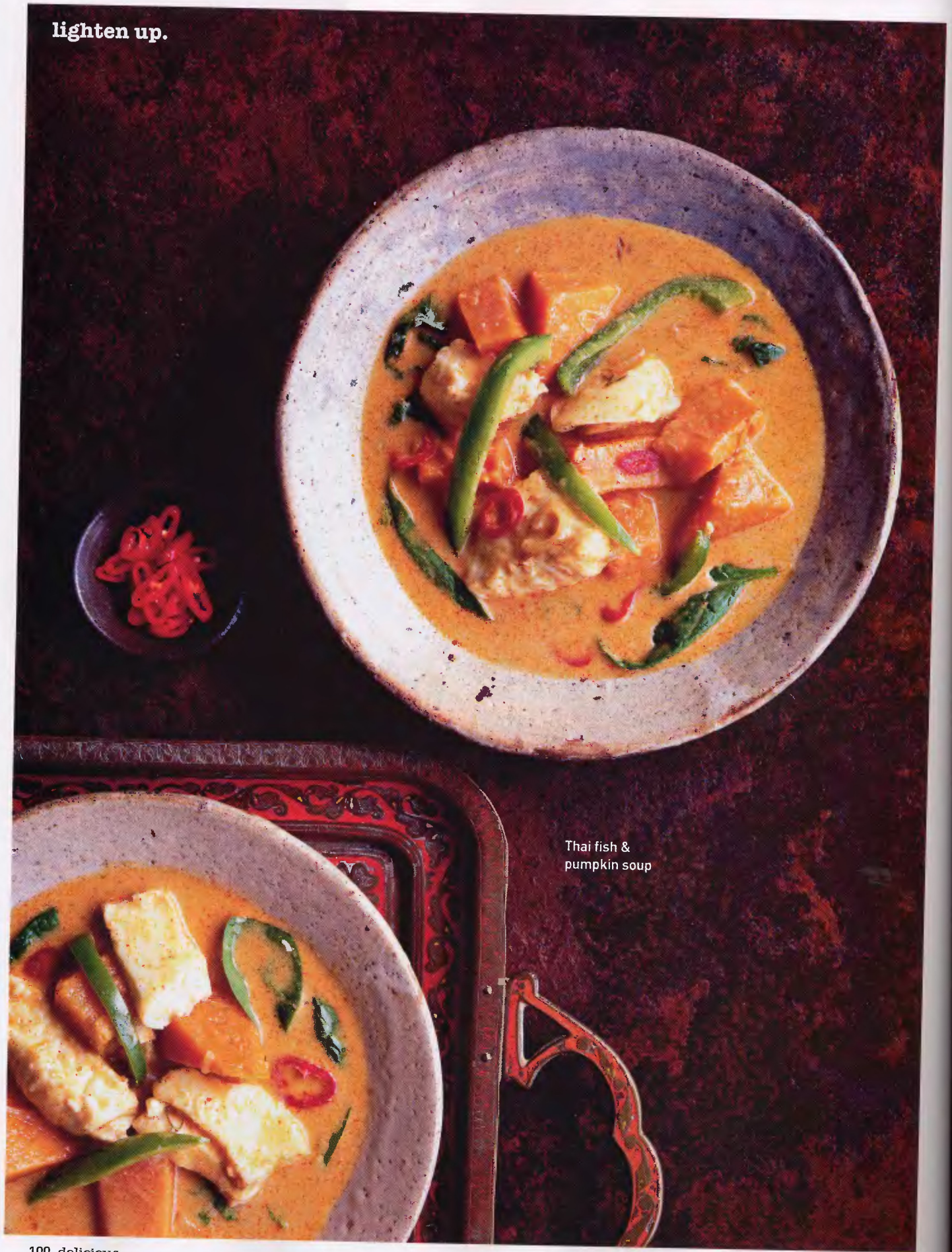
Heat a chargrill pan on medium-high heat. Scatter the trout and grated cheese over 2 tortillas. Season well with pepper, then sandwich with the remaining tortillas. Place on the grill for 2 minutes until lightly browned, then carefully turn and grill the other side for 2 minutes or until the cheese melts. Cut into fingers and serve with the soup.

Per serve: 1105 kJ (264 Cal), fat 10.1g (saturated 4.5g), protein 20.1g, carb 22g, fibre 1.1g, chol 52mg, sodium 314 mg.

PORTRAIT PHOTOGRAPHY: PETER BREW-BEVAN



Celeriac soup with smoked trout toasties



Thai fish &
pumpkin soup

thai fish & pumpkin soup

Serves 4

Look for pumpkin with a rich, dense orange flesh, and team it with a spicy/sour Thai fish curry light on coconut milk.

1 tbs sunflower oil
3 tbs Thai red curry paste
200ml light coconut milk
3 cups (750ml) salt-reduced chicken or fish stock
4 Asian (red) eschalots*, thinly sliced
1 long red chilli, thinly sliced
2 kaffir lime leaves*, finely shredded (optional)
250g pumpkin, peeled, cut into 2cm pieces
1 green capsicum, cut into strips
2 tbs tamarind puree*
2 tbs fish sauce
1 tbs brown sugar
600g skinless chunky fish fillets (such as blue eye, ling or snapper), cut into 3cm pieces
100g baby spinach leaves

Heat oil in a saucepan over medium-high heat. Add curry paste and cook, stirring, for 2 minutes or until fragrant. Add the coconut milk, stock, eschalot, chilli and kaffir lime leaves, if using, and stir to combine. Add pumpkin, capsicum, tamarind, fish sauce, sugar and a pinch of salt and cook for 20 minutes or until the pumpkin is tender. Add fish and simmer for 5 minutes or until the fish is opaque.

Place half the spinach in 4 warm bowls and top with the fish and veg. Scatter with remaining spinach, then ladle the sauce over the top and serve.

* Available from Asian food shops.

Per serve: 1437 kJ (343 Cal), fat 12.1g, (saturated 3.8g), protein 36.9g, carb 21.6g, fibre 3.6g, chol 77mg, sodium 1792mg.

caramelised scallops with beetroot, walnuts and witlof

Serves 4

1 bunch baby beetroot, scrubbed
1 green apple, quartered, cored
2 red witlof (Belgian endive), leaves separated
100g wild rocket leaves
8-12 scallops, cleaned
1 tbs olive oil
2 tbs roughly chopped walnuts, toasted

Dressing
¼ cup (60ml) olive oil or walnut oil*
2 tbs red wine vinegar
1 tbs honey
1 tsp Dijon mustard

Preheat the oven to 180°C.

Place beetroot on a large sheet of foil, then enclose to form a parcel. Roast for 1 hour or until beetroot is tender. Cool the beetroot, then peel and cut into wedges.

For the dressing, whisk the olive or walnut oil, vinegar, honey and mustard together in a bowl, season with salt and pepper and lighten with a dash of water.

Thickly slice the apple, then toss in the dressing with the witlof and rocket. Set aside while you cook the scallops.

Heat a dry frypan over medium heat. Brush scallops with oil and season well with sea salt and freshly ground black pepper. In batches, sear scallops for 30 seconds each side until caramelised on the outside but still opaque in the centre.

Divide salad among plates, then tuck in scallops, beetroot and walnuts, drizzle with any remaining dressing and serve.

* From gourmet food shops and delis.

Per serve: 1356 kJ (324 Cal), fat 22.6g (saturated 2.9g), protein 7.6g, carb 21.5g, fibre 5.6g, cholesterol 11mg, sodium 204mg.

Caramelised scallops with beetroot, walnuts and witlof

Quick apple, almond & coconut tart

"Winter produce is so robust, generous and heart-warming that you simply don't need to overdo it."

warm roast vegetable couscous salad

Serves 4

This is just the sort of meal you need in winter; one that turns the complex sweetness of slow-roasted vegetables into the hero, and doesn't demand meat to be satisfying.

12 Dutch (baby) carrots, peeled
2 parsnips, peeled, quartered lengthways
2 red onions, quartered
2 tbs olive oil
2 tbs balsamic vinegar
2 tbs flaked almonds, lightly toasted

Couscous
1 cup (200g) instant couscous
1 tsp ground cumin
1 tsp cumin seeds
1 tsp ground coriander
1 tsp coriander seeds
1/4 cup (40g) sultanas
2 tbs olive oil
1 tbs lemon juice
Handful each flat-leaf parsley and coriander leaves

Preheat oven to 200°C.

Line a baking tray with baking paper. Place carrots, parsnip and onion on tray. Drizzle with oil and vinegar, season, then toss to coat. Bake for 45 minutes or until tender and browned, turning once or twice.

Meanwhile, toss couscous in a heatproof bowl with spices, sultanas and salt. Stir in 400ml boiling water until combine. Cover with plastic wrap and stand for 5 minutes, then fluff with a fork. Add oil, lemon juice and herbs and lightly toss. Serve topped with vegetables and scattered with nuts.

Per serve: 2164 kJ (405 Cal), fat 21.9g (saturated 2.8g), protein 11.2g, carb 65.1g, fibre 7.2g, chol 0mg, sodium 125mg.

quick apple, almond & coconut tart

Serves 8

Featherlight and topped with tart apple and sweet, nutty almonds, this is a quick, low-fat version of the French 'tarte fine'.

4 sheets fresh filo pastry
Olive oil spray
2 tbs apricot jam or other fruit jam
2 Granny Smith apples
1 eggwhite
2 tbs icing sugar
1/2 cup (40g) flaked almonds
1/3 cup (25g) shredded coconut

Preheat oven to 200°C and line a baking tray with baking paper.

Spray 1 filo sheet with olive oil, top with another sheet, and spray again. Fold into quarters to form one long rectangle. Repeat with remaining filo. Spray lightly with oil and spread with jam.

Peel, core and quarter apples, then cut into very thin slices (a mandoline is ideal). Arrange slices so they are overlapping down the centre of the pastry. Bake for 5 minutes until apple is just tender.

Whisk eggwhite until frothy. Whisk in sugar, then toss with nuts and coconut. Remove almonds and coconut from eggwhite mixture and scatter over tarts. Discard any excess eggwhite. Place tarts on the tray and bake for 6-8 minutes until pastry and almonds are golden. (Cover the tart edges with foil if browning too quickly.) Cut into slices and serve warm.

Per serve: 520 kJ (124 Cal), fat 6g (saturated 2.1g), protein 2.7g, carb 14.7g, fibre 1.5g, cholesterol 0mg, sodium 59mg. **d.**

TART PHOTOGRAPHY: BRETT STEVENS STYLING: DAVID MORGAN

tuesday night cooking

Don't wait until the weekend to cook a roast or pie – our shortcut versions can be on the table in no time.

PHOTOGRAPHY **BRETT STEVENS** STYLING **DAVID MORGAN**

vegetarian

Spinach, brie & mushroom freeform pie (recipe p 108).

low-fat

Hoisin pork with beans, snow peas and noodles (recipe p 110).

RECIPES: ANGELA BOGGIANO, JESSICA BROOK, ANNA BURGES-LUMSDEN AND LUCY WILLIAMS

lentil & coconut soup

Serves 6

This soup will freeze well. Simply ladle into airtight containers before adding the lime juice, then freeze for up to 2 months.

8 thick bacon rashers (about 450g total), cut into 1cm strips
1 tbs olive oil
2 large leeks (white part only), sliced
4 garlic cloves, finely chopped
2 tsp dried chilli flakes
1 cup (200g) red lentils, rinsed, drained
1L (4 cups) chicken or vegetable stock
400g can coconut milk
Juice of 1 lime, plus wedges to serve
1 long red chilli, sliced
1 spring onion, thinly sliced
Coriander leaves, to serve

Heat a large saucepan over medium heat and cook the bacon for 4-6 minutes until golden. Remove the bacon from the pan and drain on paper towel.

Heat the olive oil in the same saucepan over medium-low heat. Add the leek and garlic and gently cook, stirring, for 2-3 minutes until softened. Stir in the chilli flakes and lentils and stir together until well combined.

Add the stock and coconut milk, then simmer for 15 minutes or until the lentils are tender. Remove from the heat and stir through the bacon.

Add the lime juice to taste, then season with sea salt and freshly ground black pepper. Divide the soup among serving bowls, then garnish with sliced chilli, spring onion and coriander leaves, and serve with lime wedges.

meatball pitas with harissa mayonnaise and kumara wedges

Serves 4-6

1/4 cup (60ml) olive oil
1 small onion, finely chopped
1 tbs grated fresh ginger
1 lemongrass stem (pale part only), finely chopped
1 garlic clove, finely chopped
3 tsp harissa*
400g good-quality beef or lamb sausages, skin removed
1/4 cup chopped coriander leaves
2/3 cup (50g) fresh breadcrumbs
1 large free-range egg yolk
2 large kumara (about 900g total), cut into wedges
1/2 cup (150g) whole-egg mayonnaise
1 tbs lemon juice
4 pita bread pockets, chargrilled
100g rocket

Preheat the oven to 200°C and line 2 large baking trays with baking paper.

Heat 1 tablespoon oil in a large frypan over medium heat, then cook the onion, stirring, for 3-4 minutes until it starts to soften. Add the ginger, lemongrass, garlic and 2 tsp harissa, then stir for 2-3 minutes until fragrant. Season, then transfer to a bowl to cool.

Once cooled, add sausage, coriander, breadcrumbs and egg yolk to the onion mixture. Season and mix with your hands to combine. Shape into 18 balls, place on a baking tray and chill for 10 minutes.

Meanwhile, toss kumara with 1 tbs oil and season. Spread out in a single layer on a baking tray and bake for 30 minutes, turning once, until golden and tender.

Drizzle meatballs with the remaining 1 tbs oil, then bake for 15-20 minutes, shaking the tray occasionally, until golden brown and cooked through.

Mix the mayonnaise with the lemon juice and remaining harissa.

Fold pitas in half and fill with a handful of rocket, a few meatballs and dollop of harissa mayonnaise. Serve with wedges.

* A North African chilli paste from delis and gourmet shops.

tv dinner

Meatball pitas with harissa mayonnaise and kumara wedges

white wine & herb roast chicken (gluten-free)

Serves 4

4 chicken marylands (skin on)
8 large kipfler potatoes, halved lengthways
1 garlic bulb, halved
1/4 cup each sage and marjoram leaves
4 rosemary sprigs, leaves picked
6 thyme sprigs
1 cup (250ml) dry white wine
Grated zest and juice of 1 lemon, plus 1 lemon, thinly sliced
1/4 cup (60ml) olive oil

Toss all the ingredients together in a large bowl. Cover and marinate in the fridge for at least 30 minutes or overnight.

Preheat the oven to 180°C and line a large roasting pan with baking paper.

Place chicken, potatoes and marinade in the pan. Season, then cover with foil and roast for 30 minutes, turning once.

Increase oven to 200°C, remove the foil and cook for a further 15-20 minutes until the chicken is golden and juices run clear. Serve chicken and potato with pan juices.

quick fish stew with couscous

Serves 4-6

1/3 cup (65g) couscous
1 tbs olive oil
1 onion, sliced
2 garlic cloves, sliced
1 long red chilli, seeds removed, sliced
1 tsp grated fresh ginger
400g can chopped tomatoes
1L (4 cups) fish stock
3 corn cobs, kernels removed
500g boneless firm white fish fillets (such as blue-eye), cut into 4cm pieces
1/4 cup roughly chopped flat-leaf parsley

Place couscous in a heatproof bowl with 2/3 cup (160ml) boiling water. Cover and stand for 5 minutes, then fluff with a fork.

Meanwhile, heat oil in a large pan over medium-low heat. Add onion, garlic, chilli and ginger, then cook for 5-6 minutes until soft and fragrant. Add the tomatoes and fish stock and bring to a simmer.

Reduce heat to medium-low, add the corn and fish and simmer for 4 minutes until fish is cooked and corn is tender.

Stir in cooked couscous, then divide among bowls and scatter with parsley.

spinach, brie & mushroom freeform pie (vegetarian)

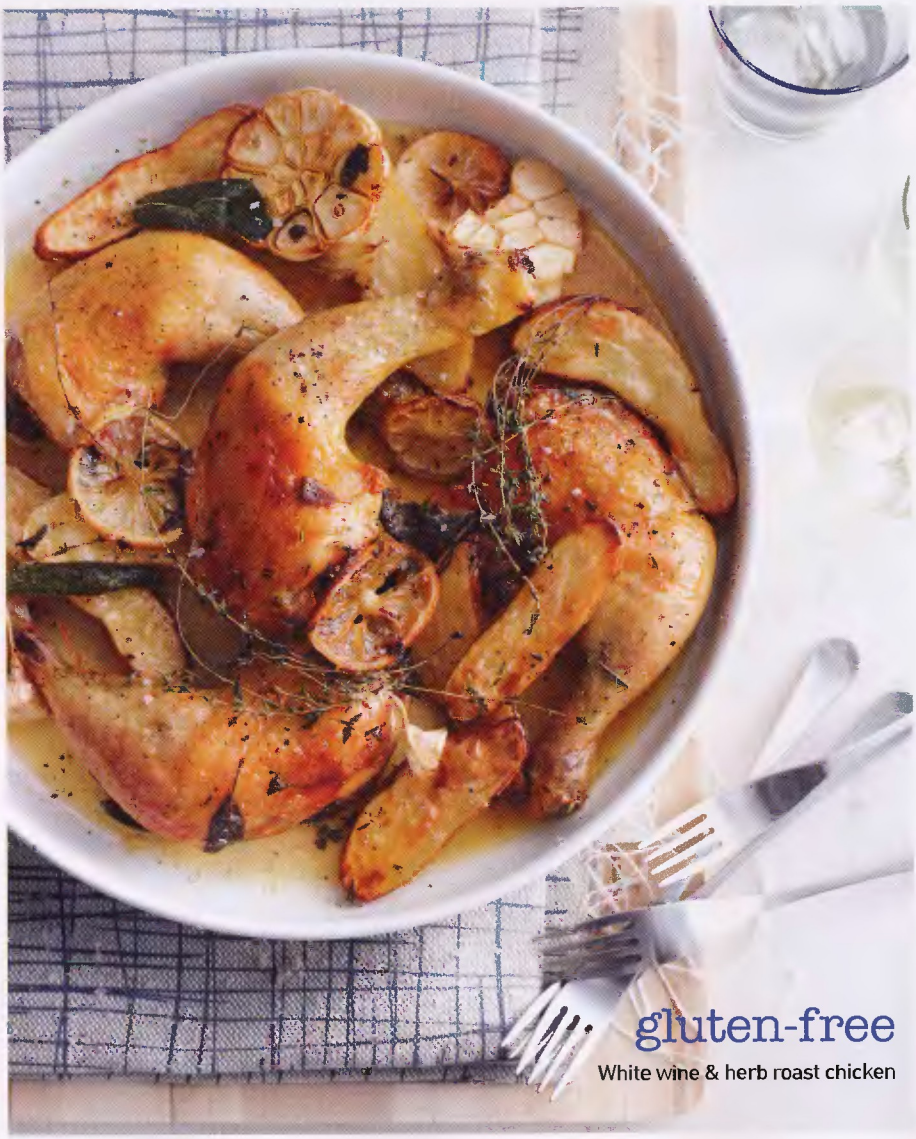
Serves 4-6

1 tbs unsalted butter
350g Swiss brown mushrooms, sliced
10g dried porcini mushrooms*, soaked in boiling water for 10 minutes, drained
2 garlic cloves, finely chopped
1 tbs rosemary leaves, finely chopped
400g baby spinach
2 x 375g blocks frozen puff pastry, thawed
400g brie, rind removed, sliced
1 free-range egg, beaten
Green salad, to serve

Melt butter in a large pan over high heat, then add sliced mushrooms and cook for 2-3 minutes, stirring, until soft. Reduce heat to medium, chop porcini and add to pan with garlic and rosemary. Season and cook for 1-2 minutes until fragrant. Cool.

Place spinach in a colander and pour over boiling water to wilt. Refresh under cold water, then squeeze to remove liquid.

Roll out the pastry on a lightly floured surface to form two 36cm x 18cm sheets. Place 1 pastry sheet on a baking paper-lined baking tray and scatter over spinach, leaving a 2cm border on all sides. Top with



gluten-free
White wine & herb roast chicken

midweek spice

Quick fish stew with couscous

easy italian

No-stir tomato & basil risotto

cooled mushroom mixture and sliced brie. Brush pastry edges with some of the egg. Top with the remaining pastry, gently press to remove any air pockets, then seal edges with a fork. Lightly score the top with a sharp knife, then chill for 20 minutes.

Preheat the oven to 200°C.

Brush tart with remaining egg and bake for 15-20 minutes until golden brown. Cut into squares and serve with a green salad.

* From delis and gourmet shops.

no-stir tomato & basil risotto

Serves 4

6 vine-ripened tomatoes, halved
1 garlic bulb, cloves separated
3 thyme sprigs
1 tbs caster sugar
2 tbs olive oil
1 tbs unsalted butter
1 red onion, finely chopped
1 1/2 cups (350g) arborio rice
150ml dry white wine
2 cups (500ml) chicken or vegetable stock, heated
1/3 cup (85g) mascarpone cheese
1 cup (80g) grated parmesan
Fresh basil leaves, to serve

Preheat the oven to 200°C and line a baking tray with foil.

Place tomato, garlic cloves and thyme on a tray, sprinkle with sugar and drizzle with 1 tablespoon oil. Season, then roast for 30-40 minutes until tender. Allow to cool slightly, then squeeze out garlic and puree in a processor with the tomato.

Heat butter and remaining oil in a pan over medium-high heat. Cook the onion for 5 minutes, stirring, until soft. Add rice, stirring for 1 minute, then add wine and bubble for 3 minutes until absorbed.

Stir in the tomato puree and stock. Season, reduce heat to very low, then cover and cook for 20 minutes until rice is al dente and liquid is absorbed. Stir in mascarpone and parmesan, remove from heat and stand covered for 5 minutes. Top with basil and serve.

hoisin pork, with beans, snow peas and noodles (low-fat)

Serves 4

1 1/2 tsp grated fresh ginger
2 garlic cloves, finely chopped
1/4 cup (60ml) hoisin sauce
2 tbs honey
2 tbs soy sauce
2 tbs sweet chilli sauce
2 x 400g pork fillets, trimmed
1 tbs sunflower oil
375g dried egg noodles
300g mixed green beans, sugar snap peas and snow peas, halved lengthways
2 tsp sesame oil
2 spring onions, thinly sliced on an angle

Combine ginger, garlic, hoisin, honey, soy and sweet chilli in a bowl. Add pork and coat well, then marinate for 15 minutes.

Preheat the oven to 200°C.

Heat sunflower oil in a large ovenproof frypan. Add pork, reserving marinade, and brown on all sides for 2-3 minutes. Pour over marinade and 1 tbs water, cover with foil, then bake for 15 minutes until the pork is cooked and the sauce is sticky.

Meanwhile, cook the noodles in boiling water according to packet instructions. Add vegetables for the last 2 minutes of cooking time until noodles are cooked and vegetables just tender, then drain and toss with the sesame oil.

Remove the pork from the pan, leaving sauce, and set aside to rest briefly. Add the noodles and vegetables to the pan and toss to coat in the remaining marinade.

Divide noodles and vegetables among bowls. Slice the pork, then add to the bowls and serve with spring onion. **d.**

RISOTTO PHOTOGRAPHY: MAJA SMEND. RISOTTO STYLING: LIZZIE KAMENETZKY. BACKGROUND THROUGHOUT PAINTED IN 'STORM' FROM MURO BOND. TART: FABRIC FROM CLOTH; TABLE AND CHOPPING BOARD FROM IKEA; WHITE BOWL FROM MUD. STOCKIST DETAILS LAST PAGES

Pot-roasted bolar blade with port and garlic, and creamy mashed potato

It may seem natural that Melbourne's Adrian Richardson followed in the footsteps of his grandfather. What's more surprising is that Peter, a well-known chef himself in the 1960s, is a devoted vegetarian, while his grandson is best known for his expertise with meat.

For the past 12 years, Adrian has been the chef and owner of acclaimed La Luna Bistro in Carlton North, where he brings in whole sides of meat and ages it all on-site. He's also written a book, aptly titled *Meat*, and last year shared some of his secrets on TV's *MasterChef Australia*, where contestant Chris described the experience as "like watching a butcher on steroids".

Adrian's passion and respect for food is inherited not just from his grandfather, but also his father and Italian mother – and the childhood meals that came from the family's weekend property in Gisborne, Victoria. "I remember when I was 12, Dad taught me how to butcher a sheep. We hung it ourselves and cut it up," he says. "Some people might be squeamish, but I loved it. It gave me a real appreciation for where food comes from." So when a teenage Adrian took a part-time job in a pub kitchen to pay for flying lessons (he planned to become a pilot like his father), he found his new career instead.

But in a society that's increasingly concerned with the environmental impact of cattle farming, is there a place for a self-confessed "red-blooded steak man"? "I think it's great people are taking an interest. It means they care about how animals are treated and encourages producers to use more sustainable practices." Adrian recommends finding a good butcher who can tell you how the animals were raised, opting for grass-fed beef and trying less popular cuts so nothing goes to waste. "It's not about how much meat you eat, but buying the best quality you can afford." *La Luna Bistro, 320 Rathdowne St, Carlton North, Vic, (03) 9349 4888, lalunabistro.com.au.*

"Tell your butcher what you want, but let them guide you to find what's best on the day or try something new."

pot-roasted bolar blade with port and garlic

Serves 6

Beef bolar is one of those bargain-basement cuts that's fantastic for long, slow cooking. It's often sold off the bone as gravy beef and makes great pies and soups. Here, I cook it on the bone as a tasty pot-roast. Ask your butcher to trim the meat and 'french' the bone for you for a neat presentation. This dish is definitely better the next day as the flavours develop and intensify with time. I like to serve it with a big bowl of creamy mash and a bottle of full-bodied red wine.

2 tbs olive oil
1.8kg piece beef bolar blade (on the bone)*
100g unsalted butter, chopped
250g thick-cut bacon rashers, chopped
2 anchovy fillets
2 onions, finely chopped
2 carrots, peeled, chopped
2 celery stalks, chopped
6 garlic cloves, halved
400g button mushrooms, halved
2 cups (500ml) red wine
3 cups (750ml) good-quality beef stock
3 thyme sprigs
2 bay leaves
2 cloves
200g Sicilian green olives
Chopped flat-leaf parsley and creamy buttery mash (recipe follows), to serve

Preheat the oven to 150°C.

Heat the oil in a large flameproof casserole over medium-high heat. Season the beef with salt and pepper, then sear for 4-6 minutes, turning, until browned all over. Transfer to a plate.

Reduce heat to medium, then melt butter in the pan. Add bacon and anchovies and cook, stirring, for 5 minutes or until bacon begins to brown and anchovies start to melt. Stir in onion, carrot, celery and garlic, then reduce heat to medium-low and cook gently for 6-8 minutes, stirring, until vegetables soften. Return beef and any resting juices to pan. Add wine, stock, thyme, bay, cloves, and olives and bring to a simmer. Season, cover and bake for 1 hour. Remove lid, stir in mushrooms, then bake for 1½ hours or until beef is tender.

Carefully transfer beef to a plate and keep warm. Place pan over medium-high heat and bring to a rapid simmer. Cook for 30 minutes or until sauce has reduced by half. Return beef to pan to warm through.

Sprinkle generously with parsley, then serve with plenty of mashed potato.

* Order bolar blade from your butcher.

creamy mashed potato

Serves 4

There must be a hundred ways to make mashed potatoes – nearly all of them good. This is my way, and we can never make enough of it at La Luna. I always peel the potatoes before cooking them whole – I find that if you cut them smaller, they tend to absorb more water. And one thing that's certain is that really good mash is not diet food. The more cream and butter you add, the better the result.

6 (750g total) nicola potatoes (or another yellow, waxy variety), peeled
150ml pure (thin) cream (or more to taste)
150g unsalted butter (or more to taste)

Place the potatoes in a large pan of cold water to cover. Bring to the boil, then reduce heat to medium and simmer for 20 minutes or until tender (depending on the size of your potatoes). Drain well in a colander.

Add cream and butter to the hot pan off the heat. Push the hot potatoes through a mouli or potato ricer (from kitchenware shops) straight into the pan with cream and butter. (Alternatively, mash until smooth.) Beat with a spoon, then season to taste.

smoky texan short ribs

Serves 6

When it comes to ribs, don't just think of pork – beef short ribs are brilliant! They need a fair amount of marinating and precooking, but nothing beats the smoky charred flavour they get from the barbecue, or the caveman satisfaction of eating with your hands. Begin this recipe at least a day ahead.

3 onions, roughly chopped
6 garlic cloves, roughly chopped
4 small red chillies, deseeded, roughly chopped, plus extra to serve
1/2 firmly packed cup (110g) brown sugar
2 tbs smoked paprika* (pimenton)
2 tbs ground ginger
1/4 cup (60ml) soy sauce
1/4 cup chopped coriander leaves, plus extra to serve
2 cups (500ml) red wine
1/4 cup (60ml) extra virgin olive oil
1/4 cup (60ml) sherry vinegar* or red wine vinegar
2.5kg beef short ribs*, cut across the bone into 10cm pieces
Lime wedges, to squeeze

Place all ingredients, except ribs and lime, in a processor with 1 tablespoon each salt and pepper. Pulse to combine.

Arrange ribs in a large shallow container. Pour over marinade and toss well so ribs are evenly coated. Cover with plastic wrap and marinate in the fridge overnight, or up to 48 hours.

Preheat the oven to 160°C.

Transfer the ribs to a large roasting pan and cover with foil. Bake the ribs for 1 1/2 -2 hours, basting with the marinade every 20 minutes, until the beef is tender and marinade is starting to caramelise around the edges. Remove from oven and allow to cool. (You can prepare the ribs to this stage up to 4 days ahead of time.)

Just before you're ready to serve, preheat a barbecue or chargrill pan to medium-high. Grill ribs for 3 minutes each side, basting with marinade, until they're sticky and warmed through.

Serve ribs garnished with coriander, lime wedges and chillies, if desired.

* Smoked paprika and sherry vinegar are from delis and gourmet shops. Order short rib pieces from butchers.

lamb & spinach filo pies

Makes 10

These little pies are wonderfully warming, and the Danish feta makes them nice and creamy. I especially love the way the crisp filo pastry crunches in your mouth. I know that dusting a savoury pie with icing sugar and cinnamon sounds weird, but I think the sweetness is a great counterpoint to the spicy filling. Try serving them as an elegant canapé or make larger pies and serve them with a herb salad as a starter.

2 tbs olive oil
1 onion, finely chopped
4 garlic cloves, finely chopped
2 tsp ground coriander, lightly toasted
2 tsp ground cumin, lightly toasted
1 tsp grated ginger
500g lamb mince
200g baby spinach leaves
150g Danish feta, crumbled
1/4 cup currants
1/4 cup (40g) pine nuts, toasted
1/4 cup chopped coriander leaves, plus sprigs to garnish
1 tsp chopped mint leaves
375g packet fresh filo pastry
150g unsalted butter, melted
1 tbs icing sugar
1 tsp ground cinnamon

Heat the oil in a large frypan over medium-low heat. Add the onion, garlic, coriander, cumin and ginger, then cook for 5 minutes, stirring, until soft and translucent. Add the lamb, season, and cook for 3 minutes until the meat is just brown, stirring well so the flavours mingle. Remove from the heat, transfer to a large bowl and allow to cool.

Bring a pan of salted water to the boil. Blanch the spinach for 1 minute, then drain. When cool enough to handle, squeeze spinach to remove excess liquid, then finely chop. Add to the lamb mixture with the feta, currants, nuts and herbs. Use your hands to mix together well. Divide the mixture into 10 balls, then flatten into 8cm patties.

Preheat the oven to 180°C and line a large or baking tray with baking paper.

Place 1 sheet of filo on a work surface and halve widthways (keep the remaining filo covered with a damp tea towel to prevent it from drying out). Brush both halves with butter then lay one on top of the other. Place 1 lamb patty in the middle and lift the edges of the pastry up around the filling, scrunching to enclose. Pinch the pastry to close, then place on the lined tray and brush the top with more butter. Repeat with the remaining filo, butter and lamb. Place the pies on the lined tray and bake for 18-20 minutes until the pastry is crisp and golden brown.

Mix the icing sugar and cinnamon together, then sift over the pies. Garnish with extra coriander sprigs.

Lamb & spinach filo pie

herby butter

Makes 300g

This butter will keep in the fridge for 2 weeks or up to 3 months in the freezer.

250g unsalted butter, at room temperature
1 tbs smoked paprika (pimenton)*
1 tsp cayenne pepper
1 tbs chopped coriander
1 tbs chopped flat-leaf parsley

Beat the butter in an electric mixer for 10 minutes until very pale and fluffy. Add remaining ingredients with 1 teaspoon salt and 1/2 tsp freshly ground black pepper, then mix well to combine.

Tip the flavoured butter onto a large piece of plastic wrap and roll to form a log. Twist the ends securely and chill for at least 4 hours or until required.

* From gourmet food shops and delis.

the perfect steak

Serves 2

When cooking the perfect steak, you should buy the best quality meat you can afford and choose the right cut for you – for instance, if you like your steak butter-soft, try eye-fillet, but if you want super-tasty and don't mind a bit of a chew, go for rump or skirt. It's also vital you rest the steak properly. As a rule of thumb, rest it for up to as long as you cooked it – you can always warm it through again before serving. Scotch fillet is one of my favourite cuts. It's not as pricey as eye-fillet, but is lovely and juicy and has a great flavour.

2 x 350g scotch fillet steaks
2 tbs extra virgin olive oil
Roast potatoes, watercress and herby butter (recipe opposite), to serve

Remove the steaks from the fridge at least 30 minutes before serving. Preheat a barbecue or chargrill pan to medium-high.

Lightly rub steaks all over with oil and season generously with sea salt and freshly ground black pepper.

For medium-rare, cook the steaks for 2 minutes on one side, then turn at a 90° angle and cook for a further 2 minutes – this will create a cross-hatch pattern on the steaks. Turn the steaks and repeat the process on the other side. To test if the steak is done to your liking, see 'Cooked to Perfection', right.

Transfer the steaks to a warm plate and cover loosely with foil. Leave to rest for 4 minutes.

Serve with potatoes and watercress, topped with some herby butter.

cooked to perfection

Many chefs warn against cutting steak to check if it's done, as you lose some of the juices, but it's an easy approach if you're a novice. Rest the steak for 2-3 minutes, then make a small cut in the thickest part. You could also press the steak with your finger (the more yielding, the rarer it is). For sure-fire results, check the internal temperature on a meat thermometer: 35°C is rare, 45°C medium-rare, 55°C medium, 65°C medium-well and 75°C is well done.

Osso buco with cheesy soft polenta

osso buco

Serves 6

Osso buco is a classic Italian recipe that uses the veal shin. It's a slow-cooked dish that makes the best of a bony cut. You end up with meltingly soft meat and soft marrow to suck from the bones. Ask your butcher to cut your osso buco pieces from the hind shin, as they have more meat than those from the foreleg. This recipe comes from my Nonna Yole.

1 cup (250ml) olive oil
2kg osso buco (veal shin) pieces (ask your butcher to cut them 5cm thick)
50g unsalted butter, chopped
4 anchovy fillets
10 garlic cloves, crushed
2 onions, chopped
1 carrot, peeled, sliced
2 celery stalks, thinly sliced
200g pitted kalamata olives, halved
1/4 cup (50g) capers
2 bay leaves
1 cup (250ml) red wine
1 cup (250ml) port
1L (4 cups) tomato passata (sugo)*
1/2 cup basil leaves
Soft polenta (recipe follows), to serve

Gremolata
Grated zest of 1 lemon
2 tbs finely chopped flat-leaf parsley
1 large garlic clove, finely chopped

Preheat the oven to 180°C.

Heat oil in a large flameproof casserole over medium-high heat. In batches, cook the veal for 6-8 minutes, turning, until browned on all sides. Transfer the veal to a plate and keep warm.

Reduce heat to medium-low. Add the butter to the casserole and when it starts to sizzle add the anchovies, garlic and onion. Cook, stirring, over medium heat for 3-5 minutes until anchovies begin to melt. Add carrot and celery and cook for about 5 minutes until they begin to soften. Add olives, capers, bay leaves, wine, port and passata. Return the veal and any resting juices to the pan, season, then stir in the basil leaves.

Bring to the boil, then cover the casserole and transfer to the oven for 1 1/2 hours or until the meat is meltingly tender. Check the casserole occasionally to make sure that the meat is always covered with sauce.

Once the veal is cooked, remove the casserole from the oven. If the sauce is too thin, remove the meat from the casserole and boil vigorously, uncovered, over high heat for 5-10 minutes until reduced. Return meat to the pan to warm through.

Mix together the gremolata ingredients and scatter over the osso buco just before serving. Serve with polenta.

* Passata is sieved tomatoes, from supermarkets and delis.

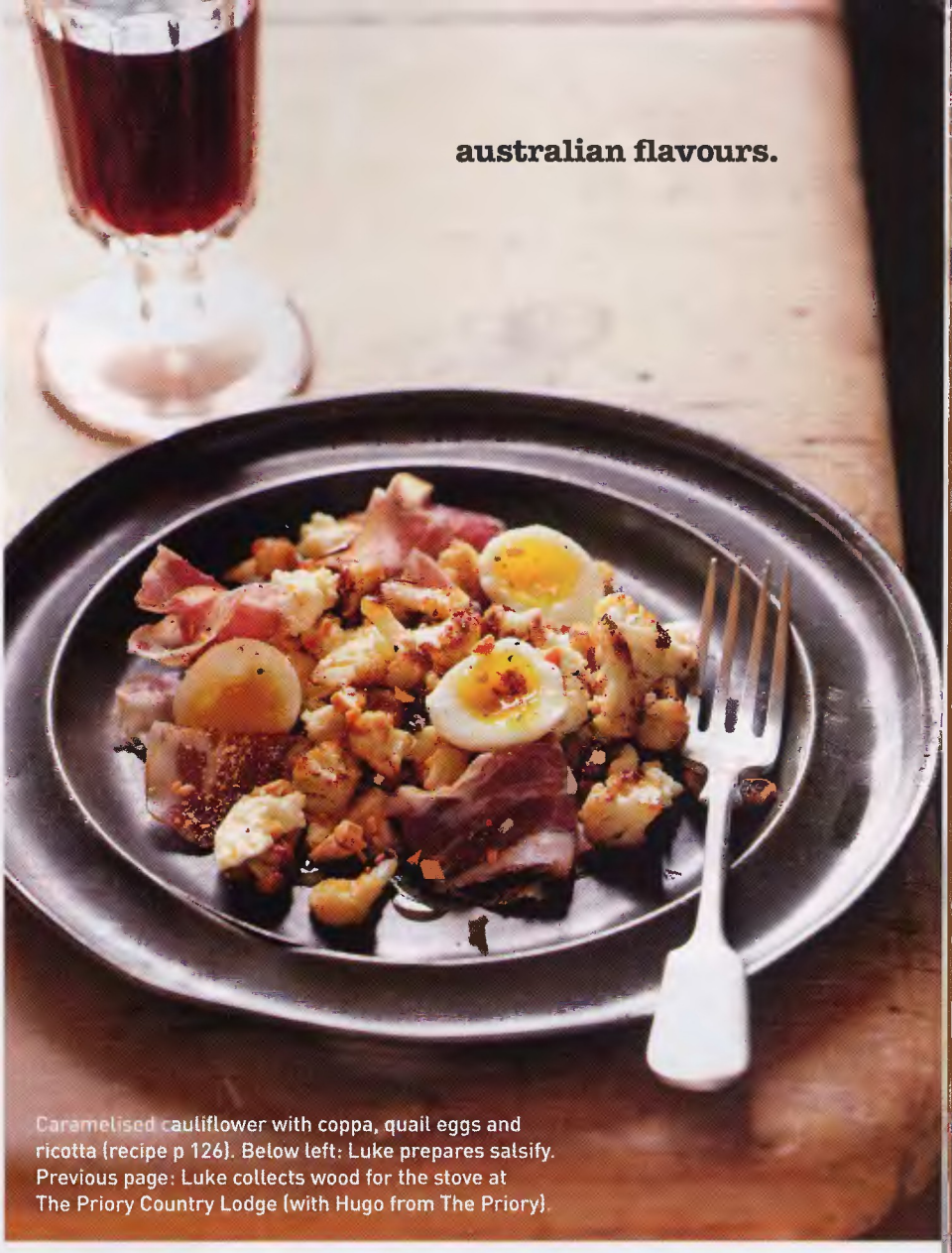
cheesy soft polenta

Serves 6

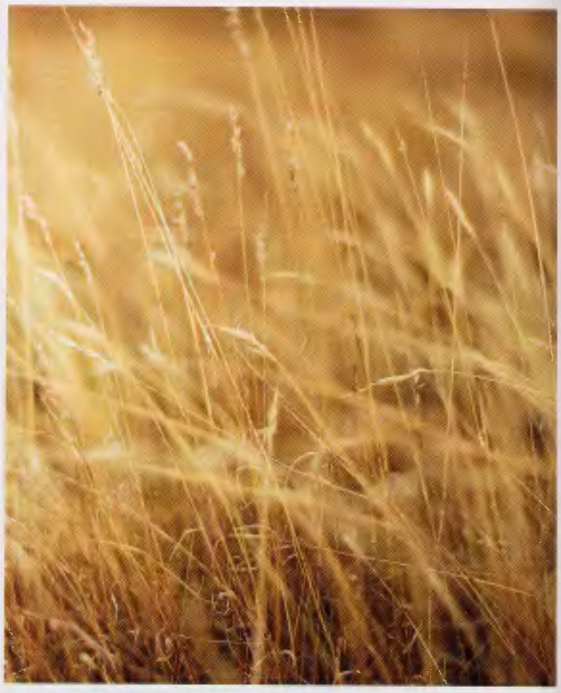
100g unsalted butter
1 onion, finely chopped
3 garlic cloves, finely chopped
3 cups (750ml) good-quality chicken stock
3 cups (750ml) milk
225g instant polenta
1 1/2 tbs chopped thyme leaves
1 1/2 tbs chopped flat-leaf parsley
1 1/2 tbs chopped sage leaves
2 1/2 cups (200g) grated parmesan

Heat butter in a large saucepan over medium heat. Add onion and garlic and cook gently for 5 minutes, stirring, until soft, but not coloured. Add stock and milk, then bring to the boil. Pour in the polenta in a slow steady stream, whisking vigorously until the mixture begins to boil. Reduce the heat to low and cook, stirring, for 3-4 minutes until the mixture thickens and becomes smooth and creamy.

Remove the pan from the heat and stir in the herbs and cheese. Season with salt and pepper, then serve immediately. **d.**



Caramelised cauliflower with coppa, quail eggs and ricotta (recipe p 126). Below left: Luke prepares salsify. Previous page: Luke collects wood for the stove at The Priory Country Lodge (with Hugo from The Priory).



Vincotto-braised goat with rice polenta and cavolo nero. Below right: slow-roasted pork cheeks with squid and apple & cabbage salad.

slow-roasted pork cheeks with squid and apple & cabbage salad

Serves 4

2 x 200g pork cheeks (with skin on)*
1 tbs olive oil
600g squid, cleaned, tentacles removed, tubes scored, thinly sliced

Apple & cabbage salad
2 tbs extra virgin olive oil
2 tsp vinegar
1 tbs caster sugar
1 garlic clove, crushed
1 Granny Smith apple, quartered, cored, very thinly sliced (a mandoline is ideal)
1/2 savoy cabbage, shredded (3 cups)
1/2 cup roughly chopped flat-leaf parsley
1/4 cup roughly chopped tarragon leaves

Preheat the oven to 150°C.

Rub pork cheeks with oil and 1 tbs salt, place in roasting pan skin-side up and roast for 1-1 1/2 hours until tender. Cool slightly, then remove the skin from the meat. Halve pork cheeks and set aside.

Meanwhile, for the salad, whisk oil, vinegar, sugar and garlic together in a bowl. Cut apple slices into very thin strips, then toss in the vinaigrette with the cabbage and herbs. Set aside.

Heat a frypan over high heat. Add the pork cheeks and cook for 2-3 minutes each side until caramelised. Add the squid and cook in pan juices, turning, for 1 minute until golden and tender.

Drizzle the pork and squid with pan juices, if desired, and serve with salad.

* Order pork cheeks from your butcher.

vincotto-braised goat with rice polenta and cavolo nero

Serves 4

You can order goat from your butcher (it's more common at Asian butchers). It cooks more quickly than lamb, but you could try this with 1.5kg lamb shoulder or beef short ribs if you can't find it.

1 tbs olive oil
3-4kg capretto (baby goat)*, jointed into 6 pieces (ask your butcher to do this)
2 onions, chopped
4 garlic cloves, roughly chopped
1 rosemary sprig, leaves picked
100ml vincotto*
100ml red wine vinegar
1L (4 cups) chicken stock or water
1 tbs grapeseed oil or olive oil
1 bunch cavolo nero (Tuscan black cabbage)*, stems trimmed

Rice polenta
3 cups (750ml) milk
1/2 cup (100g) rice flour
75g unsalted butter

Preheat the oven to 140°C.

Heat the oil in a flameproof casserole over medium heat. Sear goat, in batches, for 4-5 minutes, turning, until browned on all sides. Remove and set aside.

Cook the onion, garlic and rosemary in the pan for 2-3 minutes until soft. Add the vincotto, vinegar and stock or water, then return the goat to the pan. Cover and bake for 1 1/2 hours or until the goat is tender.

Remove goat from pan, then simmer stock over medium heat for 8-10 minutes until reduced by half. Remove the meat from the bone in large pieces and return to the reduced stock. Gently stir over low heat to warm through. Keep warm.

Meanwhile, for the polenta, place milk in a pan and bring to just below boiling point. Reduce heat to low, then slowly pour in the rice flour, whisking constantly. Cook for 2-3 minutes until smooth. Add butter and 1 teaspoon salt and stir until combined. (You can add more milk for a softer consistency, if desired.) Keep warm.

Heat grapeseed oil in a pan over high heat. Cook cavolo nero for 1-2 minutes until wilted but still slightly crunchy.

Serve goat on rice polenta with cavolo nero, drizzled with the reduced stock.

* Order goat from your butcher.
Vincotto is a condiment made from cooked grape must, from delis and gourmet shops. Cavolo nero is available from greengrocers.

caramelised cauliflower with coppa, quail eggs and ricotta

Serves 4

16 quails eggs*
1 tbs unsalted butter
1/2 cauliflower, cut into small florets
200g fresh ricotta, well drained, crumbled
2 tbs extra virgin olive oil
1 tbs red wine vinegar
150g thinly sliced coppa* or pancetta
1/4 cup (40g) blanched almonds, toasted, roughly chopped

Bring a small pan of lightly salted water to the boil, add the quail eggs and cook for 3 minutes for soft-boiled. Drain and refresh under cold running water. When cool enough to handle, peel and halve.

Meanwhile, melt the butter in a frypan over medium heat. Add cauliflower and cook for 4-5 minutes, stirring occasionally, until tender and caramelised.

Gently toss cauliflower, ricotta, oil, and vinegar in a bowl. Season, divide among plates, then top with coppa, eggs and nuts.

* Quail eggs are from selected poultry shops, delis and Asian food shops. Coppa is a cured pork, from selected delis.

salsify with roasted onions, lovage, anchovies and kale

Serves 4

I like to roast the onions in a well-settled fire, resting over the glowing embers, but keeping them away from direct flames, until blackened and soft. Salsify is a cool climate root vegetable with a unique nutty flavour. Look for it at growers' markets in Tasmania and Victoria. If you can't find it, try parsnips instead.

4 onions (unpeeled)
8 salsify roots* (300g total)
Juice of 1 lemon
2 cups (500ml) chicken or vegetable stock
50g unsalted butter
4 anchovy fillets, chopped
1/2 cup lovage* or celery leaves, chopped
1 bunch kale* or cavolo nero* (I like to use Russian kale), stems trimmed
1 tbs extra virgin olive oil, plus extra to drizzle

Preheat the oven to 180°C.

Place onions in a roasting pan and bake for 40 minutes until soft. Cool slightly, then peel and discard the outer layers. Roughly chop the soft inner layers.

Reduce oven to 150°C. Peel salsify and place in a bowl of water with the lemon juice to prevent browning. Drain. Place the salsify in a casserole dish with stock, 30g butter and 1 teaspoon salt. Cover and roast for 35 minutes or until just tender. Remove the salsify and keep warm. (The leftover stock can be used in soups.)

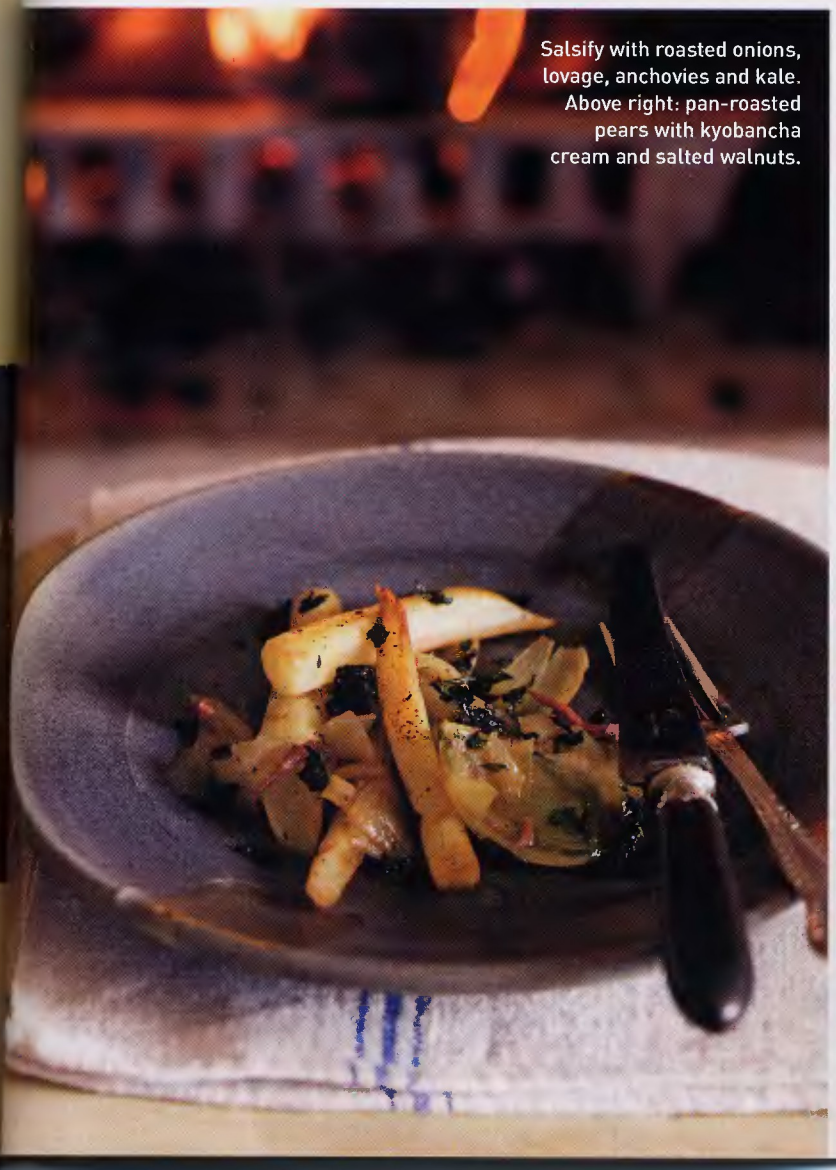
Melt remaining 20g butter in a pan over medium heat. Add onion, anchovies and lovage or celery leaves and cook gently, stirring, for 3-4 minutes until the lovage is wilted. Keep warm.

Meanwhile, blanch the kale in boiling salted water for 3-4 minutes until just tender. Refresh in iced water, dry well, then roughly chop. Heat oil in a frypan over medium heat. Add the kale and gently cook, stirring, for 2-3 minutes until crisp, being careful not to burn the leaves. (Alternatively, bake in the oven at 100°C for 5-10 minutes until crisp.) Drain on paper towel.

Place the salsify on a plate and top with onion mixture, then scatter with fried kale and drizzle with extra olive oil.

* From selected greengrocers and markets (order salsify, a root vegetable, and lovage, a peppery herb, in advance).

Salsify with roasted onions, lovage, anchovies and kale. Above right: pan-roasted pears with kyobancha cream and salted walnuts.



pan-roasted pears with kyobancha cream and salted walnuts

Serves 4

Begin the cream a day ahead.

1/4 cup (55g) caster sugar
2 star anise
6 sage leaves
4 beurre bosc pears, peeled, halved
1 1/2 cups (150g) walnuts
1 eggwhite

Kyobancha cream
2 tsp kyobancha tea leaves*
300ml pure (thin) cream
2 gold-strength gelatine leaves*

For the kyobancha cream, place tea leaves and cream in a saucepan over medium-low heat and bring to just below boiling point. Remove from the heat and allow to infuse for 1 hour.

Strain cream and return to low heat, stirring, until warmed through. Soak the gelatine leaves in cold water for 5 minutes, then squeeze to remove excess liquid. Gently whisk gelatine leaves into cream until combined. Strain and chill overnight.

The next day, preheat oven to 150°C.

Place the caster sugar, star anise and sage leaves in a flameproof casserole with 1 1/2 cups (375ml) water, then stir over low heat until the sugar dissolves. Bring to the boil, then add the pears. Cover and roast in the oven for 3 hours or until the pears are tender and caramelised. Cool slightly.

Increase the oven to 180°C and line a baking tray with baking paper.

Whisk the eggwhites until soft peaks form, then stir in walnuts and 1 teaspoon salt until combined. Spread out on the baking tray and bake in the oven for 10 minutes until golden and crisp. Allow to cool (they will continue to crisp while cooling), then roughly chop.

Gently whisk the cream mixture until soft peaks. Place pear halves in a bowl, add a quenelle (oval-shaped scoop) of cream, scatter with chopped walnuts and drizzle with the pear juices.

* Kyobancha is a smoky green tea, from specialist tea shops. Gelatine leaves are from delis and gourmet food shops. **d.**

byo

Tasmanian wines tick all the right boxes for this adventurous menu. Riesling is a Tassie speciality and it finds harmony with pork, squid, apples and cabbage – it's well matched with the vegetable creations, too. Pipers Brook ($27.50) is the grandaddy of Tassie rieslings and the current '09 vintage is right on song. Goat with the sweetness of vincotto is a perfect companion to Tasmanian pinot noir. The silky textured Bay of Fires 2008 ($38) is a great option. And as riesling and the Apple Isle go together so well, why not try a sweetish version with the pears? Tamar Ridge Kayena Vineyard Botrytis Riesling 2007 ($26, 375ml) is a delicious choice. ***Ralph Kyte-Powell***